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PREVENTION OF ANEMIA IN MOTHERS AND IDENTIFICATION OF THE CAUSE OF THEIR TRANSMISSION FROM GENERATION TO GENERATION

Resume. A survey of 50 mothers was conducted on their awareness of anemia: insufficient awareness of mothers was found. The lack of knowledge was identified in the following issues: the causes of anemia, the impact of food on the development of anemia, a set of products especially rich in iron, the impact of anemia on the health and development of the child.

Key words: WHO – World Health Organization, IDA –iron-deficiency anemia, unbalanced nutrition, healthy lifestyle, respondents.

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ПРОФИЛАКТИКА АНЕМИЙ У МАТЕРЕЙ И ВЫЯВЛЕНИЕ ПРИЧИНЫ ИХ ПЕРЕДАЧИ ИЗ ПОКОЛЕНИЯ В ПОКОЛЕНИЕ

Резюме. Проведено анкетирование 50 матерей на предмет их информированности по вопросам анемии: выявлен недостаточный уровень осведомленности матерей. Дефицит знаний выявлен в следующих вопросах: причины анемии, влияние продуктов питания на развитие анемии, набор продуктов, особенно богатых железом, влияние анемии на здоровье и развитие ребенка.

Ключевые слова: ВОЗ – Всемирная Организация Здравоохранения, ЖДА – железодефицитная анемия, несбалансированное питание, ЗОЖ- здоровый образ жизни, респонденты

Relevance. The priority area of health care is recognized as the problem of maternal and child health. In recent years, the problem of maternal and child health remains one of the most important problems in medicine in the world, among the diseases a special place is occupied by anemia in women during fertility, in pregnant women, as well as in children and adolescents. Most often in children (in 90% of cases) there is iron deficiency anemia. Up to 60% of children born from multiple pregnancies and babies in the first year of life also suffer from iron deficiency. Medical statistics according to WHO: about 1.9 billion people suffer from anemia. a person all over the world. A hidden iron deficiency (sideropenia) can be found in 3.8 billion people. human. The main cause of iron deficiency anemia is an unbalanced diet, poor in iron. In the Andijan region, anemia is more common in pregnant and nursing mothers.

The purpose of the study. To study the knowledge of mothers for their awareness of anemia.

Material and methods of research. A survey of 50 mothers was conducted for their awareness of the issues of IDA. The questionnaire consisted of 15 questions.

Results and discussion. According to the results of the survey, a generalized portrait of respondents was compiled: age from 22 to 42 years; higher or secondary special

education (65%); has 2 or more children (78%); age of a child under 3 years (55%). The results of the survey were evaluated by counting the indicators of correct answers that the survey participants selected. To the question: "What is anemia?" (Fig.1), 41 respondents (82%) gave the correct answer - anemia, 9 people (18%) answered - bleeding.

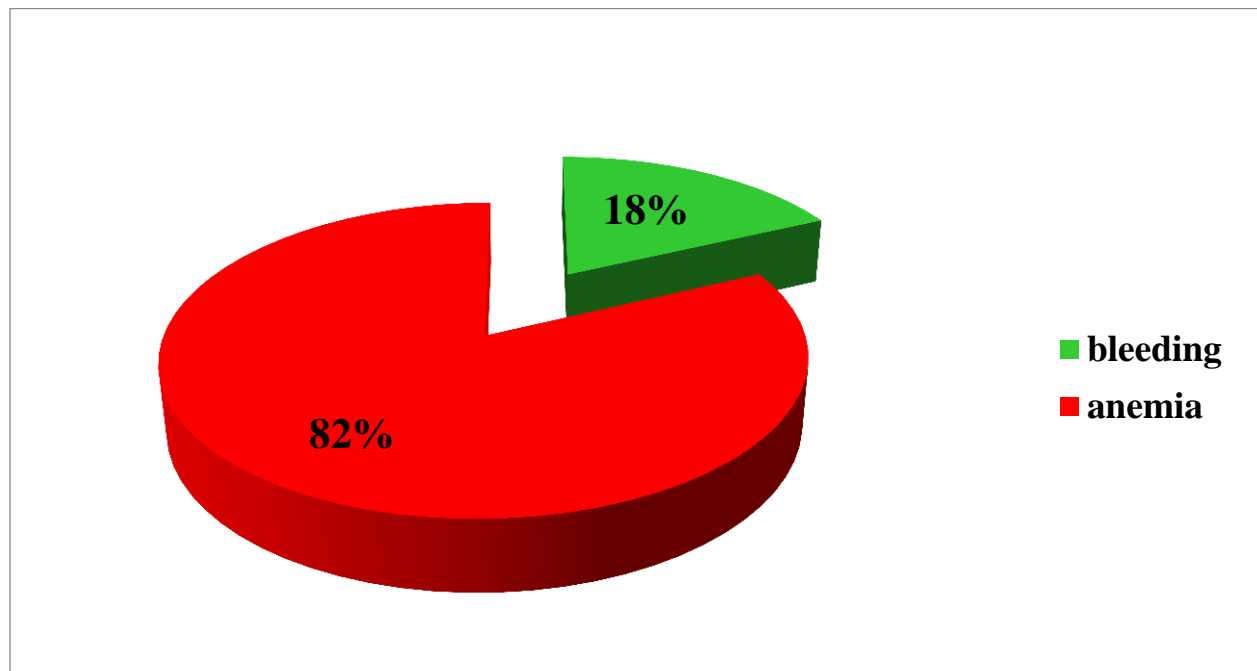


Fig. 1

When asked about the causes of anemia (Fig. 2), the majority of respondents named poor nutrition as the main cause (42%), 9 (18%) mothers were chosen only for blood loss, 16 (32%) of the survey participants indicated several reasons (diseases of the gastrointestinal tract, heavy menstruation, poor nutrition) and 8% do not know the cause of anemia.

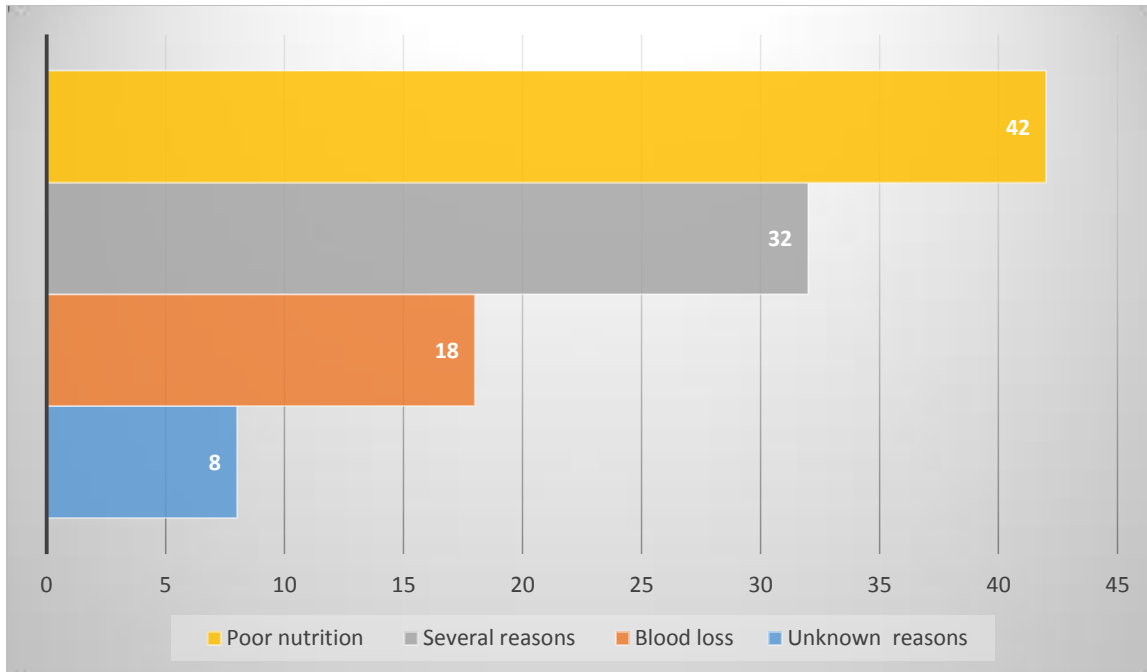


Fig. 2. Causes of anemia according to respondents.

When answering the question: "At what age do children most often have anemia in children?" (Figure 3), the majority of respondents (52%) believe that age does not matter, 10 (20%) people named infant age, 5 mothers (10%) – primary school age and 9 (18%) people do not know the answer to this question.

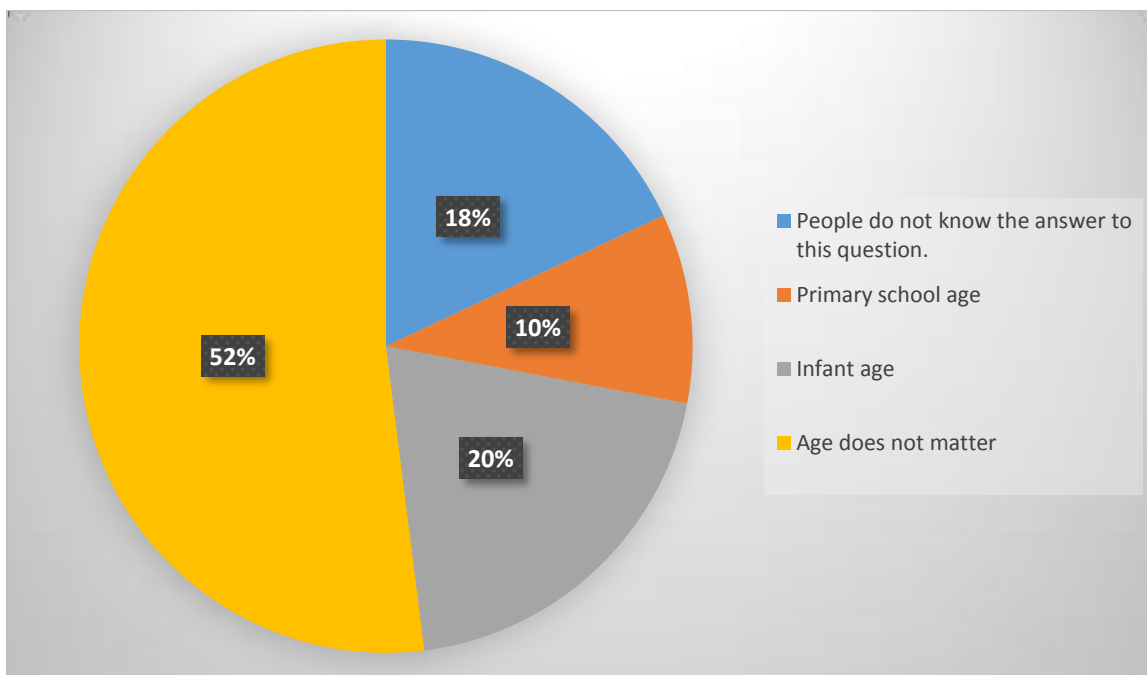


Fig. 3. At what age does anemia occur in children

The absolute majority of respondents (64%) named iron preparations 4), 10 (20%) of mothers believe that iron-rich foods are the main ones in the treatment of anemia, and 8 (16%) of mothers named iron supplements in combination with nutrition.

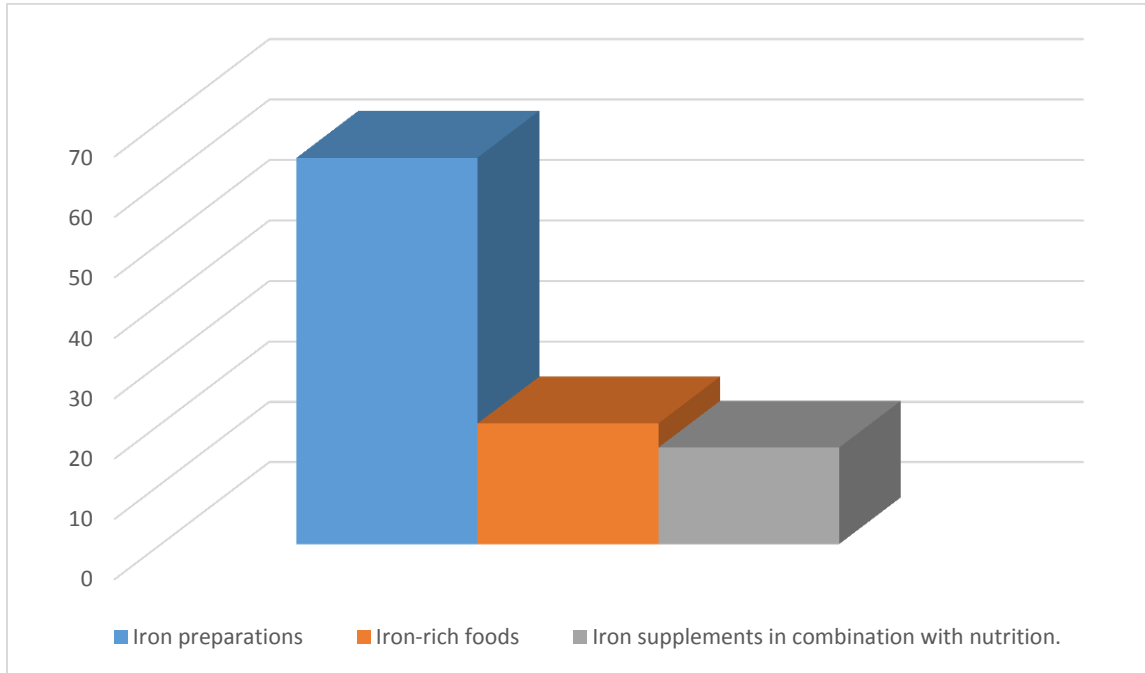


Fig. 4 Treatment of anemia according to mothers ' opinion

Among the foods rich in iron (Figure 5), 30 (60%) of mothers chose meat products, including beef, lamb, chicken, and offal, 15 (30%) of mothers do not know that meat products are the main source of iron for children, believe that they need to eat more vegetables and fruits, and 5 (10%) of mothers do not know the exact answer to this question.

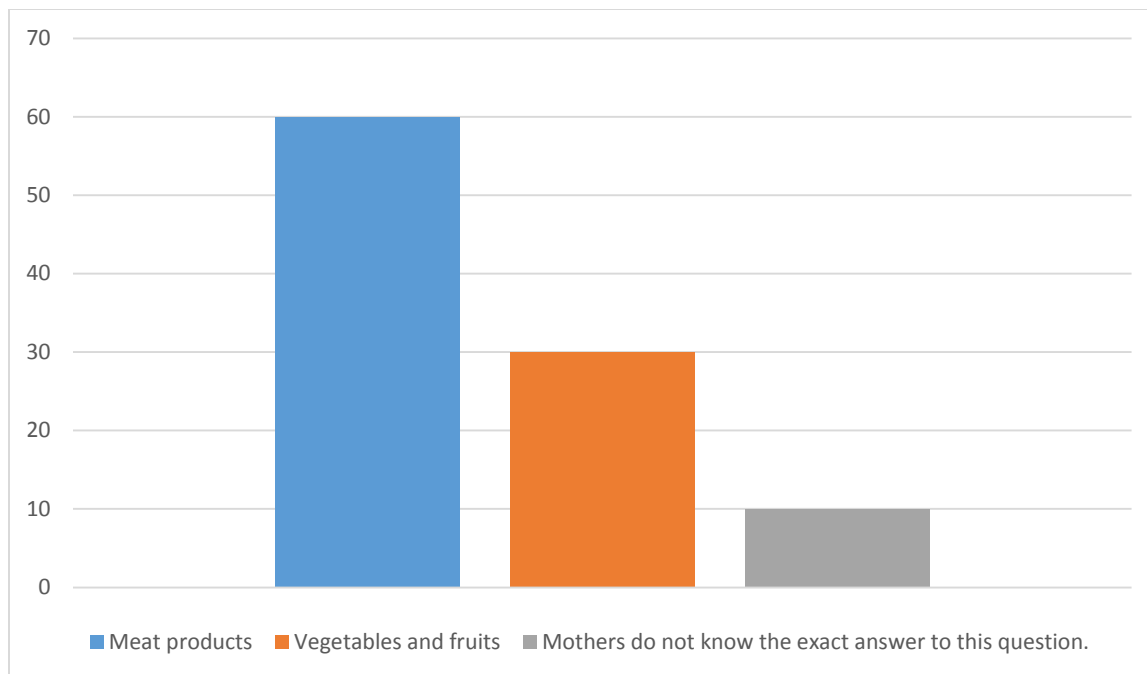


Figure 5 Iron-rich foods

When answering the question whether anemia affects the health and development of the child (Figure 6), the vast majority of mothers surveyed (80%) gave a positive answer, 4 (8%) of mothers believe that anemia does not affect the quality of life of children and 6 (12%) of mothers do not know the exact answer to this question.

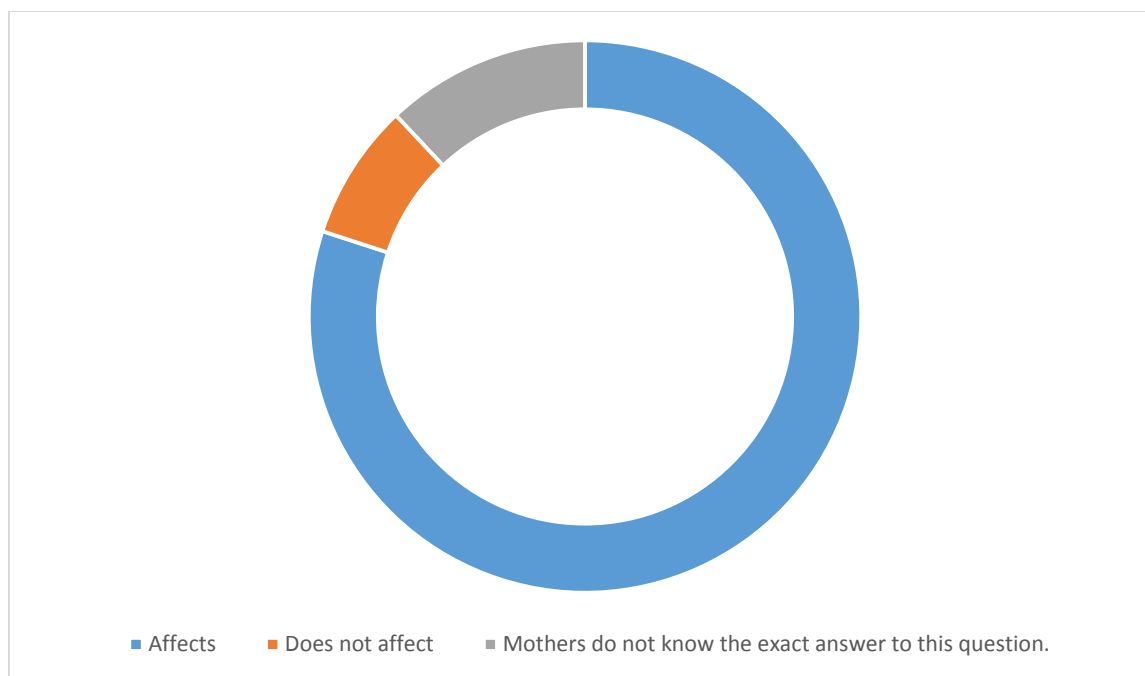


Figure6. The effect of anemia on the health and development of the child.

Based on the analysis of the questionnaire data, the insufficient level of awareness of mothers on the issues of IDA was revealed. A great lack of knowledge among mothers is revealed in the following questions: the causes of anemia, the effect of food on the development of anemia, a set of foods, especially rich in iron, the effect of anemia on the health and development of the child. It is necessary for health workers to promote healthy lifestyle with parents to eliminate the lack of their knowledge on anemia, as well as healthy adequate nutrition.

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