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Utilization and Compliance with Iron Supplementation and Associated Factors among Pregnant Women in Robe Town, Bale Zone, South Eastern Ethiopia

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Introduction: Globally, anemia affects 1.62 billion people (25%) of which 56 million are pregnant women. Anemia, particularly iron deficiency anemia, is the most common hematological disorder during pregnancy and results in adverse women and fetal consequences. Nevertheless, there was a paucity of information on utilization and compliance with iron supplementation and associated factors during pregnancy in low-income countries like Ethiopia. The objective of this study was to assess utilization and compliance with iron supplementation and associated factors among pregnant women.

Methods: A community based cross sectional study was used among randomly selected 445 pregnant women attending antenatal care at health facility in the study area. Data were collected using a pretested structured questionnaire. Binary logistic regression analyses were done to see the association between each independent variable and the outcome variable. All variables with a p value of < 0.25 were entered into final model to control for all possible confounders. Odds ratios along with 95% CI were estimated to identify predictors of the outcome variable using multivariable logistic regression analyses. Level of statistical significance was declared at p - value less than 0.05.

Results: About 54%; 95% CI = (49.4%-58.4%), 45.2%; 95% CI = (40.9%-49.4%), 4.3%; 95% CI = (2.5%-6.3%) and 2.2% (95% CI = (1.1-3.6) of women received iron supplements during first, second, third and fourth antenatal care visits respectively. The level of compliance with iron supplements was found to be 92.4%; 95% CI = (89.9-94.6). Having formal education [AOR = 4.45; 95% CI = (1.41-13.99)], high wealth quintile [AOR = 0.18; 95% CI = (0.05-0.68)], medium wealth quintile [AOR = 0.33, 95% CI = (0.11-0.98)], iron supplementation for free [AOR = 3.77; 95% CI = (1.33-10.69)] , not experiencing discomfort related to iron supplements intake [AOR = 2.94; 95% CI = (1.17-7.39)], having comprehensive knowledge about anemia [AOR = 2.62; 95% CI = (1.02-6.70)], being knowledgeable about iron supplementation [AOR = 3.30; 95% CI = (1.12-9.76)], having information about importance of iron supplementation during pregnancy [AOR = 2.86 ; 95% CI = (1.04-7.87)] and ever being visited by urban health extension workers [AOR = 0.31; 95% CI = (0.12-0.83)] were significantly associated with compliance with iron supplementation during pregnancy.

Conclusions: The utilization of iron supplementation during pregnancy was low with high level of compliance with the supplements, maternal formal education, improved wealth index, having knowledge about anemia and importance of iron supplements during pregnancy, not experiencing side effects related to iron tablets and getting iron for free have positively influenced compliance with iron supplementation during pregnancy. Thus, comprehensive nutrition education and provision of iron supplements are crucial tools to increase utilization and compliance with iron supplementation during pregnancy.

Keywords: Utilization, compliance, iron supplementation, pregnant women

Biography

Girma Beressa Aboye is a PhD fellow in Nutrition at Faculty of Public Health, Jimma University, Ethiopia and Lecturer at Department of Public Health, Goba Referral Hospital, Madda Walabu University, Ethiopia.

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