



LEVEL OF AWARENESS ABOUT THALASSEMIA AMONG FUTURE HEALTH CARE PROVIDERS

By

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THALASSEMIA CARE

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Department of Hematology

یہ مرکز تھلاسیمیہ کی تشخیص اور علاج کے لیے قائم کیا گیا ہے۔
یہاں پر تھلاسیمیہ کے حاملین کی تشخیص اور علاج کے لیے تمام سہولتیں فراہم کی جاتی ہیں۔
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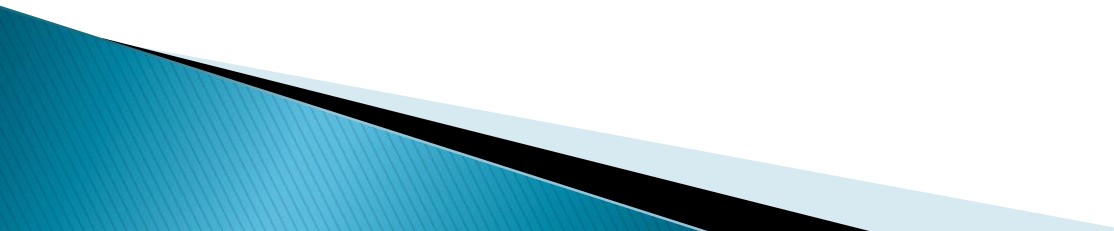






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INTRODUCTION:

- Beta-thalassemia is one of the most common hereditary hemolytic anemia in our country.
 - Worldwide 15 million patients have clinically apparent thalassemic disorder.
 - Every year about 100,000 babies are born with severe form of thalassemia worldwide.
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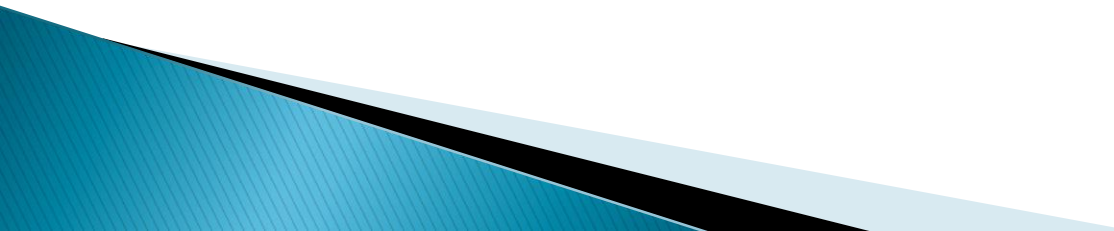
- About 3% of the world population (200 million people) are carriers of the β -thalassemia gene.
 - The highest carrier frequency is reported in Cyprus (14%), Sardinia (10.3%), and Southeast Asia (1–9%).
 - The carrier frequency in Pakistan is 5–8% making around 9.8 million carriers.
 - Annual birth of thalassemia major babies in our country is 5000–6000.
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- ▶ The knowledge about thalassemic disorder is very limited among the people in developing countries.
 - ▶ The low literacy rate in Pakistan is one of the main obstacles in improving the level of awareness.
 - ▶ Increase in basic knowledge in the community about thalassemia has a great impact in reducing the prevalence of disease.
 - ▶ For this reason, the present study has been conducted to evaluate the awareness level about disease among student of MBBS, Nursing and Allied health sciences.
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Objective:

- ▶ To determine the level of awareness about thalassemia among future health care providers in Sheikh Zayed Medical College/Hospital, Rahim Yar Khan.

Methodology:

- ▶ **Study Population:** The study was conducted in future health care providers in a tertiary care hospital of district R.Y.K having “Center for Thalassemia Care (CTC)”.
 - ▶ CTC is a 16 bedded center catering population of around 10 million of district Rahim Yar Khan & adjoining areas.
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Type of study:

- ▶ Cross sectional descriptive study.

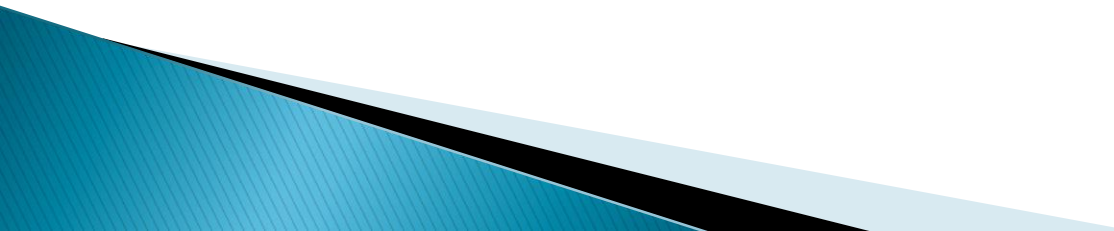
Duration of Study:

- ▶ Study was carried out over a period of four months **from September 2017 to December 2017.**

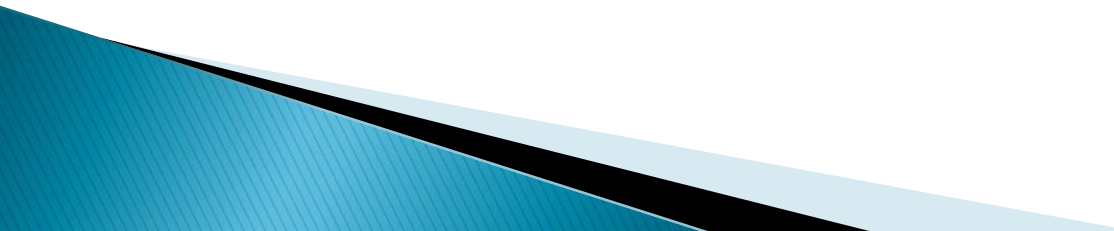
Sample size:

- ▶ Four hundred subjects including 134 males and 266 females.
- ▶ Sampling technique: Purposive sampling.

Method:

- ▶ Structured information based questionnaire was designed which included all the information regarding name, gender, age of participants and questions about thalassemia.
 - ▶ The students of MBBS (year3 & 4), Nursing (year3 & 4) and Allied health students (year3&4) were included as study subjects.
 - ▶ Thirteen questions were asked to judge the level of awareness about thalassemia.
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▶ Awareness level was ascertained by dividing the answers into 3 categories i.e.

1. Correct answers given less than 6 questions were considered as poor knowledge.
 2. Correct answers given from 6–10 were considered as average knowledge.
 3. Correct answers above 10 to 13 were considered having good knowledge.
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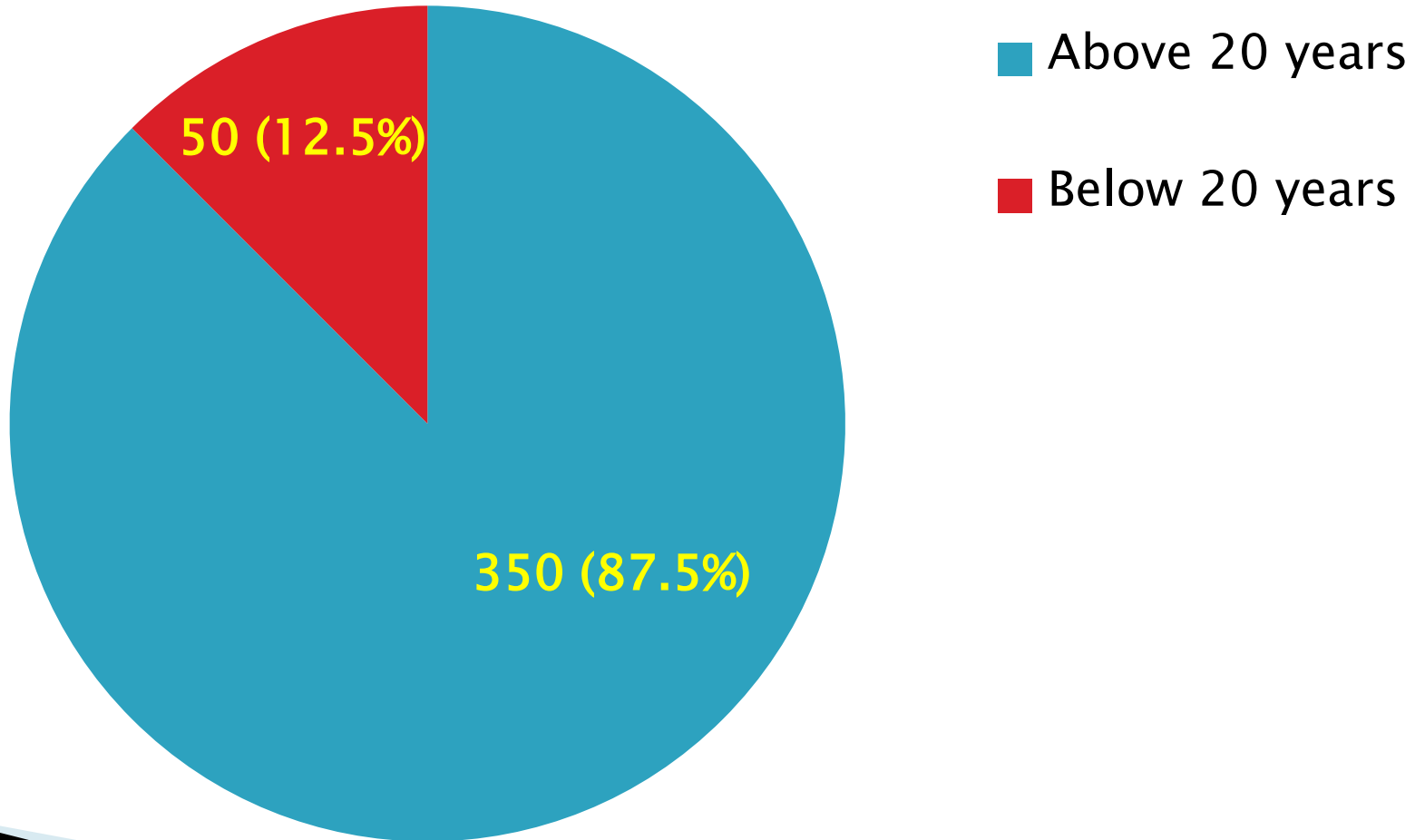
Questionnaire

1. Ever heard about thalassemia?
2. From where do you heard about thalassemia?
3. Do you have thalassemia minor gene?
4. Could child be thalassemic if both the parents have thalassemia minor gene?
5. Probability of having thalassemic child if both parents have thalassemia minor gene?
6. Could child be thalassemic if only one parent is thalassemic?
7. Can thalassemia spread by food?
8. Is transfusion the only way of survival?
9. Detection of thalassemia during pregnancy is possible?
10. Is there any precaution to avoid a thalassemia major child?
11. Should a screening test necessary for each male and female before marriage for thalassemia minor detection?
12. Is there any permanent solution for thalassemia?
13. If yes then what will be the permanent solution?

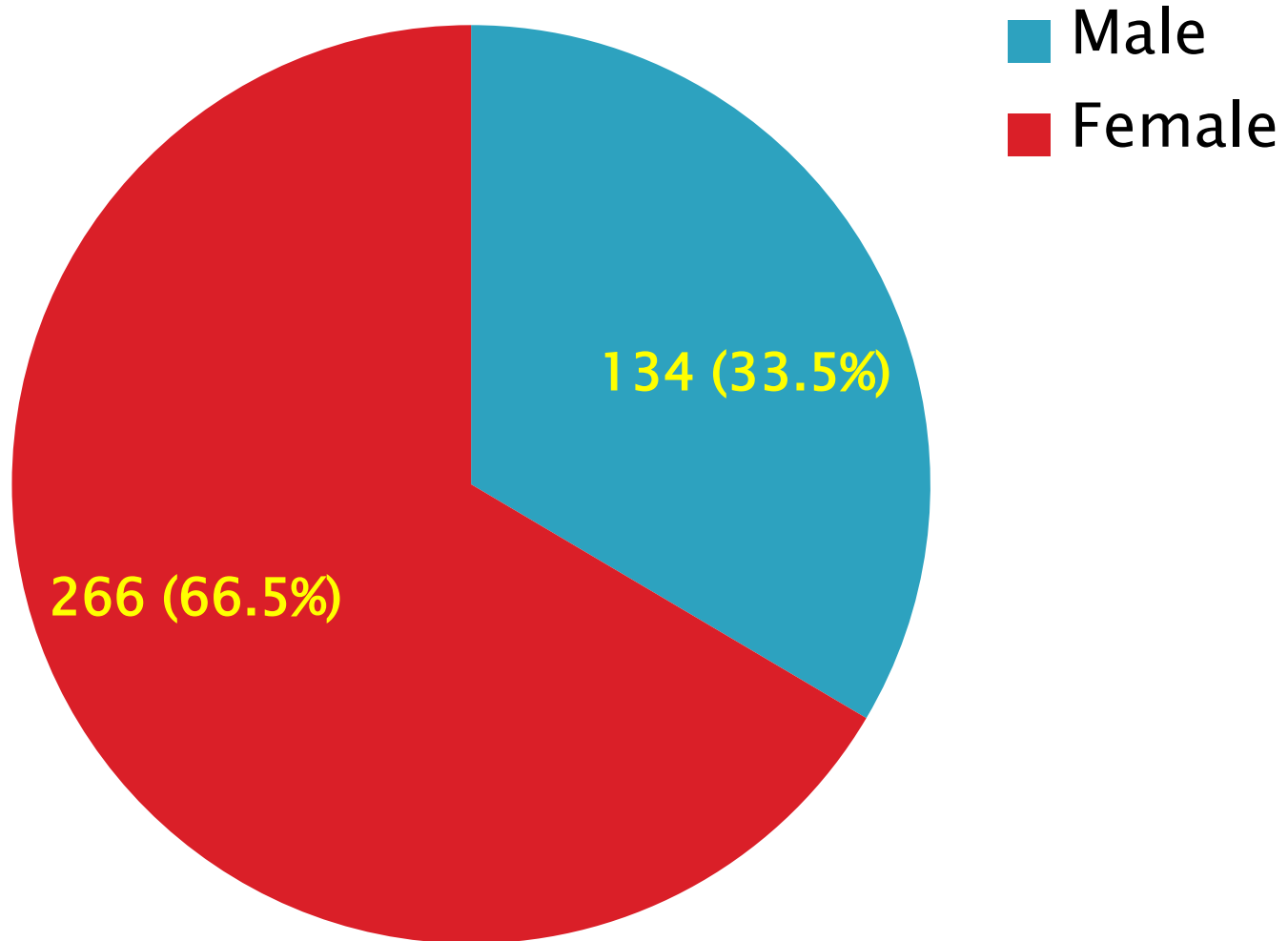
Results:



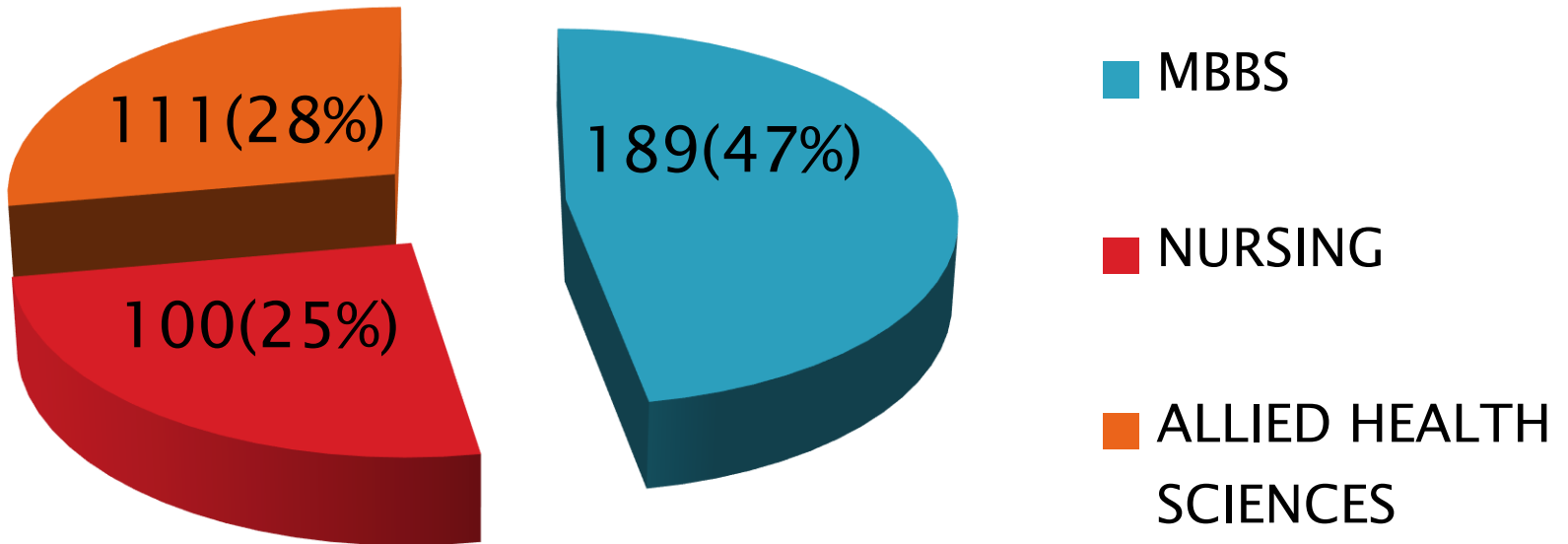
AGE Group Of Subjects:



Gender of subjects:



Categories Of Subjects:



Awareness level among the M.B.B.S, Nursing and Allied Health Sciences students

Serial No.	Category	No. of students	Good knowledge	Average knowledge	Poor knowledge
1	M.B.B.S	189	141(74.6%)	40(21.16%)	8(4.23%)
2	Allied health sciences students	111	66(59.45%)	43(38.73%)	2(1.80%)
3	Nursing students	100	87(87%)	9(9%)	4(4%)
Grand total		400	294 (73.5%)	92(23%)	14(3.5%)

Overall Awareness level among future health care providers

Awareness level	Frequency	Percentage (%)
Poor	14	3.5%
Average	92	23.0%
Good	294	73.5%
Total	400	100.0%

Discussion

- ▶ In current study, 73.5% had good knowledge, 23% had average knowledge and 3.5% had poor knowledge.

Comparison of results of International studies.

Name of Author	Region	Awareness level (Good Knowledge + Average Knowledge)	Study Subjects
Current study	Rahim Yar Khan (Pakistan)	(96.5%)	Medical students+ Nursing + Allied Health Sciences
ATM Emdadul Haque	Malaysia	(89%)	Medical students + Pharmacy + Nursing
Syed Arman Rabbani	UAE	(81%)	Medical students + Pharmacy + Nursing
Vasudeva Murthy C. R	Malaysia	(61%)	Medical students
Julius Broto Dewanto	Indonesia	(90%)	Medical students
Pujani et al	India	(75.2%)	Medical students

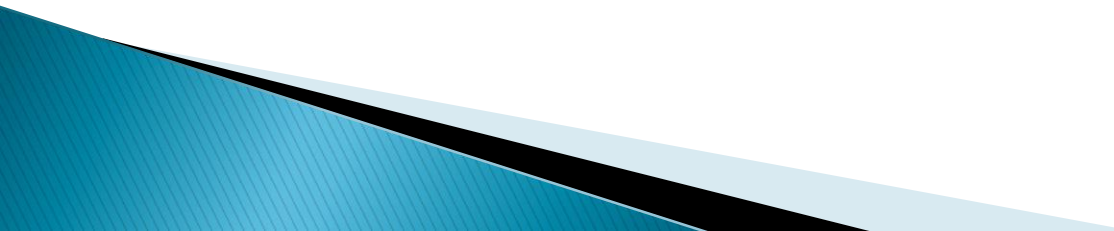
Comparison of results of national studies.

Name of Author	Region	Awareness level (Good Knowledge + Average Knowledge)	Study Subjects
Current study	Rahim Yar Khan	(96.5%)	Medical students+ Nursing + Allied Health Sciences
Safila Naveed	Karachi	(22%)	Medical students + Pharmacy
Muhammad Yousaf	Peshawar	(3.1%)	Management students
Arsalan Mirza	Karachi	(54.5%)average knowledge	Non-Medical university students
Daniyal Ahmad	Islamabad	(93%)	Medical students+ Non medical Students

Conclusion:

- ▶ There is sufficient knowledge regarding thalassemia in future health care providers which is making us hopeful that they will play a progressive and constructive role in prevention of thalassemia and will help to make thalassemia free Pakistan.

ACKNOWLEDGEMENT

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 - ▶ Dr. Muhammad Bilal Ghafoor (CO–Author of the study).
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THANK YOU
VERY
MUCH