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**PREVENTION AND NURSING MANAGEMENT OF IRON
DEFICIENCY ANEMIA AMONG INFANTS IN GAZA STRIP**

Dissertation

**Submitted to Faculty of Nursing for Partial Fulfillment of the
Requirements of the Doctorate Degree in Nursing Sciences
(Community Health Nursing Department)**

By

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2011

Approval Page

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Prevention and Nursing Management of Iron Deficiency Anemia among Infants in Gaza Strip

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ABSTRACT

Anemia and specially iron deficiency anemia (IDA) is of the most common disorders among children worldwide and Gaza Strip-Palestine is no exception, The aim of the study was three folds; to assess the level of hemoglobin among infants in Gaza Strip, to implement the developed educational program for prevention and management of IDA for infants' mothers, and to evaluate the effect of the program on mothers' knowledge and practice (K&P) as well as on infants' hemoglobin levels after implementing the program. Quasi-experimental design was used in this study, a convenient sample of mothers with their infants (126) was selected from Al-Rimal Clinic-MoH, and they served as control group for themselves for ethical reasons. Data were obtained through three main tools; self structured interviewing questionnaire for maternal K&P regarding IDA, review of medical records for hemoglobin and weight measurements, and structured self-report on infant's 24-hour dietary recall that obtained through face-to-face interview with mothers.

The main results two months after the program were: mothers K&P scores were significantly higher post program implementation (44.4) than before (38.7). Mean hemoglobin values were also significantly higher in post program compared to pre program status (11.1 vs. 10.7 g/dl), the prevalence of anemia (Hb < 11g/dl) was significantly lower post program (44.4% vs 60.4%). Compared to pre-program status; no significant differences were observed in the post program mean scores of the components of the 24-hour dietary recalls except for scores of foods that decrease iron absorption. The study concluded that the education program had a positive effect on mothers' K&P regarding IDA and hemoglobin levels of infants. The study recommended that nurses who work at the MCH clinics should effectively utilize their roles as educators and counselors to contribute to the prevention and management of anemia among infants in Gaza Strip, and to conduct further similar studies on larger, more representative sample of mothers with their infants in Gaza strip.

Key words: Iron deficiency anemia - Prevention- Nursing Management

Signature:
Chairperson

DEDICATION

This work is dedicated to:

*The soul of my mother, who died before the completion of this
doctoral study,*

My wife, for her patience and enthusiasm,

My daughters and sons,

*My brothers and sisters and their families, especially
Mohammed Omer for his efforts in the graphic design of the
educational booklet,*

*Experts who reviewed the study tools and colleagues who
assisted me during the data collection process at Al-Rimal
Clinic in Gaza Strip,*

Mothers and infants participated in the study,

*All of your inputs, continuous support and encouragement
made this work come to light.*

ACKNOWLEDGEMENT

My sincere gratitude is submitted first to Allah, who always helps and cares for me.

I would like to express my thanks and appreciation to Prof. Dr. **Nawal Fouad**, Professor of Community Health Nursing, Faculty of Nursing, Cairo University, for her great support, continuous encouragement, faithful guidance and valuable advice, as well as her time that she devoted for me to accomplish this work.

I would like to express my sincere thanks to Prof. Dr. **Gehan El-Samman**, Professor of Pediatric Nursing, Faculty of Nursing, Cairo University, for her intensive support, comprehensive advice, continuous encouragement, and faithful guidance and time she devoted to accomplish this work.

Also i am deeply grateful to **Dr. Samir Safi** for his help, Ard El-Insan and Medical Aid for Palestinians Associations for supporting the print of the educational booklet, the **officials** of the Palestinian Ministry of Health, all nurses, medical and laboratory staff at Al-Rimal Clinic, for their enormous help and support during data collection and program implementation. Special thanks to all who helped me directly or indirectly throughout this work.

The Candidate

Hamza Mohammed Abdeljawad

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