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A study on assessment of knowledge on nutritional and dietary requirements in pregnant women

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Aim: The main aim of the study is to assess the knowledge of pregnant women regarding nutritional aspects and provide them with information on maternal nutrition.

Methods: It was a prospective interventional study that enrolled 90 pregnant women who were divided into control and test group by 'simple randomization' technique. All the women were assessed for their knowledge regarding the importance of maternal nutrition and its influence on child birth using a questionnaire with suitable scoring. The test group was given with a Patient Information Leaflet (PIL) highlighting the importance maternal nutrition and the same was explained by trainee clinical pharmacist along with standard of care provided by gynaecologist. The control group were devoid of it except for the standard of care provided by gynaecologist. The scores obtained by both the groups were evaluated for significance.

Results: The level of significance was measured statistically by performing paired t-test. There was a significant increase in score of the test group ($P<0.05$) over the control group ($P>0.05$) during the follow up visit. The P value was found to be 0.00048 which was <0.001 which is 99% significant. Also, there was an increase in knowledge in the test group from 58.51% to 91.11% after the trainee clinical pharmacist intervention.

Conclusion: The significant increase in score of the test group over the control group signifies the importance of clinical pharmacist intervention in enhancing knowledge regarding maternal nutrition.

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