



Daffodil
International
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Project Report

On

Assessment of Antenatal care of Third Trimester Women Attending in MFSTC

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LETTER OF TRANSMITTAL

December 19, 2019
Prof. Dr. Md. Bellal Hossain
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Subject : Submission of Project Report.

Dear Sir,

As a part of the NFE program curriculum I am doing my project report. I would like to say that this report was prepared by me under my internship supervisor Ms Fouzia Akter.

This report is based on Assessment of Third Trimester Women Among Second and Third Trimester Women. I believe that this project report given me a vast opportunity to enrich both of my knowledge and experience.

In preparing this report I have tried to include all the relevant information and analysis to make the report comprehensive as well as workable one.

I, therefore, hope that you will enjoy reviewing this report.

Thank you

Sincerely Yours

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Approval Certification

This is to certify that Muntasir Tanjina Karim Mumu bearing ID: 153-34-456, Program B.Sc. in Nutrition and Food Engineering is a regular student department of Nutrition & food Engineering Faculty of Allied health Science, Daffodil international University. She has successfully completed her Project program of 60 working days in MFSTC, Dhaka 1207, on Assessment of Third Trimester Women Among Second and Third Trimester Women and completed this report on December 19,2019 under my direct report is a worth of fulfilling the partial requirements of NFE program.

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Abstract

In Bangladesh 37% of pregnant women are taking four step of ANC treatment. The main purpose of this study is to identify the factor associated with ANC checkup . A hospital based cross sectional study at mohammadpur fertility services and training center, Mohammadpur , Dhaka . This cross sectional study was conveyed 100 pregnant women who visited the Mohammadpur Fertility Services and Training Center for taking antenatal checkup . Total 100 pregnant women data collected in which 12% 2nd trimester and 88% 3rd trimester of pregnancy . According to the amount 3rd trimester of pregnant women came this hospital for antenatal l checkup . Demographic data and information on age height , weight, religion, educational qualification , birth control method, health problem, blood donor, physical test, tetanus vaccine , family income level, economical effect were collected from the patient by using a questionnaire . Majority of the pregnant women taken normally eaten food. Some of the women maintain the proper antenatal instruction and take more notorious seasonal fruits and vegetable, egg, milk, fish a large amount during pregnancy.

Keyword: *Pregnancy, Antenatal care , factors , Diet, Bangladesh.*

Acknowledgement

First of all, I would like to show my gratitude to Almighty to enabling me to complete this report

Completion my report successfully need helps from some persons. for the report making i have also taken help from different people . Now, There is an ordinary attempt to express my gratefulness to that helpful person .

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ACRONYMS

ANC – Antenatal Care

HB – Hemoglobin

MFSTC – Mohammadpur Fertility Services And Training Center

IDA – Iron Deficiency Anemia

WHO – World Health Organization

SDG – Sustainable Development Goals

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Chapter 1

Introduction

Antenatal care means “ care before birth” It includes education, counseling , treatment, monitoring, and improving the health condition of the mother and fetus. In this world every human being are concerned about birth. It’s a new beginning and growth and promotion of a child . It’s a painful journey to birth a child. A mother tolerate this painful journey almost one year. This period mother should under the observation of health care, mentally peace , medicine , nutrition, checkup treatment so that she can birth a healthy child. World Health Organization (WHO) recommends at least four times antenatal visit in hospital. But half of the pregnant women follow the recommends . WHO estimates that more than 529,000 women die every year from complication of pregnancy. It is comparatively high in developing countries than developed countries. So that the importance of women knowledge is very much needed. Mohammadpur Fertility Services and Training Center giving Care, Treatment, counseling , knowledge about antenatal care to expected women. When I collected my data from pregnant women they told me that they are coming this hospital for good services, better antenatal treatment.

Background

Antenatal care (AVC) is a critical feature during pregnancy period also help to the survive of women and newborns .At past many of women died during pregnancy period. They were maximum uneducated illiterate person. But Now maternal mortality has been decreased in Bangladesh day by day. In under site more advance than rural site Now a days Bangladesh Government take many essential step for antenatal care so that women are very aware about their special care during pregnancy. Bangladesh has been able to proper antenatal care during pregnancy period . Most of the pregnant mother suffer from IDA(Iron deficiency anemia) lack of hemoglobin , Majority of women in Bangladesh start their gestational life with anemia. This study shown that under pregnant women were well nourished than rural pregnant women. World Health Organization recommends four times of antenatal visit. 86% women of worldwide now attending at least four ANC visit With the targets of sustainable Development Goal (SDG) aim is deceased the maternal mortality.

Objective

General Objective : This study shows that light to determine the awareness of antenatal care with dietary and socio economic factors.

Specific Objective : The main objective of this survey was determine the amplitude of antenatal and identity factors associated with it among different aged pregnant women.

Related Definitions : ANC = ANC or Antenatal care means care before birth. It includes the special monitoring , counseling , education, treatment the health condition of mother and the child. WHO recommends four times of antenatal visit.

Nutrition needs during pregnancy time : Need extra meal to eat during pregnancy period. Eat seasonal fruits and vegetable as those provides vitamins, minerals , Irons Green leafy vegetable are rich source of iron and folic acid. Take milk and dairy products are rich in calcium , proteins, vitamins. This time also needed enough water to take . And 8 hours sleep at least. Need extra care , extra food during pregnancy period.

Importance of the Report : This report is helpful indeed for the students, researchers , knowledge oriented person. The authenticity of paper is highly maintained .

Limitations of the Report : Though this report is carefully done, but more time needed its limitations.

Chapter Two

Methods and materials

Study area selection : The study was on the basis of the project title Antenatal care at Mohammadpur Fertility Services and Training Center to conduct the project work.

Study Design : A hospital based cross sectional study was conducted on 100 pregnant women came in the MFSTC to taking antenatal care. They are the targeted population

Study Population : The study population were selected 100 pregnant women who attended the antenatal check up during my study period at MFSTC. The study was surveyed among the pregnant women in between 18-38 aged.

Sample Size : This hospital based cross- sectional study surveyed in 100 pregnant women attending in MFSTC.

Sample Method : The targeted population were selected their educational history to identify their literacy background .

Data Collection Procedure : The structure of the questionnaire was based on socio-economic condition, reproductive history, husbands occupation, family income, accept birth control method, blood donor, tetanus vaccine etc.

Chapter Three
Result and Discussion

Result : From the total 100 participants 36.8% of women were 21 weeks of pregnancy 63.1% of women were 25 weeks of pregnancy , 25% of women were 30weeks of pregnancy, 45.4% of women were 34 weeks of pregnancy, 29.5% of women were 38 of pregnancy. So that 12% women were 2nd trimesters of pregnancy. And 88% of women were 3rd trimester of pregnancy . 88% of pregnant mother came to the hospital.

Table 1 : Socio-economic and demographic history of 2nd and 3rd trimesters of pregnant mother.

In total 100 pregnant mother attended ANC at MFSTC during this study where each of them responded in some questionnaire . Among the study majority of the pregnant women aged in between 21-25 (50%). The religion of pregnant women 106.8% Muslim, 5.68% Hindu, 1.13% Christian . The height range of 52.2%. Pregnant mother were in between 151-160 cm . This study found the range of weight 56.8% of pregnant mother in between 61-70.

Variable	Category	Frequency	Percent %
Age	18-20	14	15.90%
	21-25	44	50%
	26-25	29	32.9%
	31-35	10	11.3%
	36-40	3	3.4%
Weight	40-50	11	12.5%
	51-60	34	38.6%
	61-70	50	56.8%
	Above 70	5	5.6%
Height	142-150 cm	16	18.18%
	151-155 cm	46	52.2%
	156-160cm	34	38.6%
	Above 160 cm	4	4.5%
Religion	Muslim	94	106.8%
	Hindu	5	5.58%
	Christian	1	1.13%

Table 2 : Economical and economical background among pregnant women.

In total 100 pregnant mother attended ANC at MFSTC during this study where each of them responded in some questionnaire . Among the study majority of the pregnant women educational background 46.5% primary complete and 34.0% six to nine complete, 11.3% , secondary complete , 6.8 % higher secondary complete . And 88.6% women were Housewife were , 14.7% worker most of the cases patients husband were only earning person, 40.9%. Job holder ,67.04% worker And the range of their husbands were 68.1% in between 10,000- 20,000.

Variable	Category	Frequency	Percent %
Educational Qualification	No Education	6	6.81%
	Primary	41	46.5%
	Six to Nine	30	34.0%
	Secondary	10	11.3%
	Higher Secondary	6	6.8%
	Above Secondary	7	7.9%
Occupation	Housewife	78	88.6%
	Job Holder	7	7.9%
	Student	2	2.27%
	Worker	13	14.7%
Husbands Occupation	Business	5	5.6%
	Job Holder	36	40.9%
	Worker	59	67.04%
Family Income Per Month	10,000 – 20,000	60	68.1%
	21,000 – 30,000	27	30.6%
	>30,000	13	14.7%

Table 3 : Reproductive History of the Literate pregnant women attended ANC at MFSTC

This table shows that majority new mother (61.3%), miscarriage (1%), gestational age 3rd trimester (88%), majority used Implanon (76.1%) for birth control method.

Variable	Category	Frequency	Percent %
Number Of Children	2 Child	35	39.7%
	3 Or More Child	10	11.3%
	New Mother	54	61.3%
Miscarriage History	Miscarriage	1	1.13%
Gestational Age	1 st Trimester	0	0.0%
	2 nd Trimester	12	12%
	3 rd Trimester	88	88%
Her Accept Birth Control method	Injection	7	7.9%
	Pill	7	7.9%
	Condom	12	13.6%
	Vaginal Ring	4	4.5%
	Ligation	3	3.40%
	Implanon	67	76.1%
		Total = 100	

Table 4 : Type oh health complications during current pregnancy.

This study found that 22.75 of pregnant women suffer from vomiting , 33.7% pregnant women were lower abdominal pain, 7.9% women were headache , 21.5% women suffer from dizziness, 6.8% of pregnant women suffer from loss apatite and 14.7% of pregnant women were low pressure , malnourished , high pressure , kidney problem, liver diseases, diabetes. This table shows that most of time found out the complication 39.7% lower abdominal pain of pregnant mother.

Variable	Category	Frequency	Percent %
Health Complication	Lower abdominal pain	35	39.7%
	Headache	7	7.9%
	Vomiting	20	22.7%
	Dizziness	19	21.5%
	Loss Appetite	6	6.8%
	Other (malnourish, low blood pressure high blood pressure, kidney problem, Diabetes, Liver Diseases	13	14.7%

This table shows that majority of pregnant mother were lower abdominal pain during pregnancy (39.7%)

Table 5: Types of physical test of pregnancy mother attended ANC and MFSTC.

This study found that majority of pregnant mother were having ultrasonography around 79.5%, Then 20.4% of pregnant women did urine test ,13.6% of women doing blood test

Variable	Category	Frequency	Percent %
Physical Test	Ultrasonography	70	79.5%
	Urine test	18	20.4%
	Blood Test	12	13.6%

So this case found that most of the mother were having ultrasonography (79.5%)

Table 6: Dietary habits of pregnant women attended ANC at MFSTC

This cases found that 56.8% of pregnant women were normally eaten, They were eating various nutrient food like seasonal fruits, egg, milk, fish, green leafy vegetable etc, in the other cases 35.2% women were no taste for eating maximum in first pregnancy. In this study 21.5% of women were eating nutrient food like fruits and vegetable , egg, milk, peanut, fish, in large amount.

Variable	Category	Frequency	Percent %
Dietary History	Normal Eaten	50	56.8%
	No Taste For Eating	31	35.2%
	Increase Amount Of Nutrient Meal (Like Fruits, Vegetable, Meat Fish, Egg Etc	19	21.5%
		Total = 100	

This table shows that majority of pregnant mother were eating normally diet.

Table 7: Economical effect of pregnant mother.

In this table 81.81% women had economical effect. 19.3% women had no economical effect
12.5% of pregnant women had little economical effect.

Variable	Category	Frequency	Percent %
Economical Effect	Yes	72	81.81%
	No	17	19.3%
	Little	11	12.5%

Thus table shows that majority of pregnant women had economical effect (81.81%)

Table 8 : Tetanus vaccination of pregnant women.

This study found out total 69.3% pregnant women completed their tetanus vaccination because they were careful of this vaccination. And 44.3% pregnant women were not complete their tetanus vaccination.

Variable	Category	Frequency	Percent %
Tetanus Vaccination	Complete	61%	69.3%
	Incomplete	39%	44.3%

This table shows that majority of pregnant women were complete their vaccination (69.3%)

Table 9 : Blood Donor ready or not of pregnant mother.

In this survey 40.9% pregnant women were completed to ready their blood donor. And 72.7% pregnant women not ready their blood donor.

Variable	Category	Frequency	Percent %
	Yes	36	40.9%
	No	64	72.7%

This table shows that majority pregnant women were not their blood donor ready (72.7%)

Table 10 : What types delivery expected of pregnant mother.

In this survey 43.1% of pregnant women wanted to Caesarean delivery because for some complication, first child delivered Caesar .If height less than 145 cm were fewer tendency to normal delivery And the other survey 70.4% women wanted to normal delivery

Variable	Category	Frequency	Percent %
Typed Of Delivery She Expected	Caesarean	38%	43.1%
	Normal	62%	70.4%

This table shows that 70.4% of pregnant women were expected normal delivery.

Table 11: On what basis they visit this hospital for ANC checkup.

62.5% of pregnant women were visited at MFSTC for good services. As this hospital provided proper antenatal checkup so that many women came this hospital for financial reason and this range is 13.6%. Some of patient came this hospital because it located near at their home and the range is 3.40%. And some of the pregnant women came here for both good service and financial reason.

Variable	Category	Frequency	Percent %
On What Basis They Visit This Hospital	For Good Service	55	62.5%
	Financial Reason	12	13.6%
	Near At Home	3	3.40%
	Both Good Service And Financial Reason	30	34.0%

This Table shows that majority came here for good service (62.5%)

Table 12 : Where they want to do their child delivery.

In this survey 75% women said that they wanted to their delivery from this hospital, because this hospital is best for pregnancy treatment . 20.4% women said that they wanted to do their delivery from another hospital. 18.1% of pregnant mother not decided where they want tp deliver their child.

Variable	Category	Frequency	Percent %
	From This Hospital	66	75%
	From Another Hospital	18	20.4%
	Not Decided	16	18.1%

Majority of the pregnant women wanted their delivery from MFSTC.(75%)

Discussion

This report is to identify the factors associated with ANC among 2nd and 3rd trimester pregnant women attending in the Mohammadpur fertility Services and Training Center in Mohammadpur, Dhaka. From this report it has been found 88% of pregnant women were 3rd trimester came to the MFSTC for antenatal checkup . Total 100 data collected from different aged pregnant mother from 2nd and 3rd trimester of pregnancy period. Among them 12% 2nd trimester and 88% 3rd trimester pregnant women.

Majority of pregnant women were 3rd trimester from my data to received antenatal treatment from MFSTC . Majority of less than 30 years of old women came to this hospital, Majority weight of pregnant mother were 61-70 kgs (56.8%) Majority of height shown from my collected data 151-155 cm (52.2%) of pregnant women. Most of the people of our country are poor and needy. So that they do not get proper education , sometimes they only completed their primary level. From the insufficient knowledge they can not understand the importance of rules, regulation and care during pregnancy. For this reason sometimes miscarriage occurs . Miscarriage badly effected her health for future pregnancy. They also little knowledge to manage blood donor (At least 2 person) for child delivery .

In this report majority of women wee housewife and they are completely depends o their husband income. Some were job holder, student , worker , majority of their husband were job holder and their income level is average so that they provide proper amount of nutrient food during pregnancy for the pregnant mother. They were careful for the tetanus vaccination . Most of the women accepted Implant method for birth control became it a safe and easiest method. Some women accepted the non-permanent method like pill, condom etc. Some women accepted

the permanent birth control method like ligation. They also maintain the hospital instruction . During their pregnancy they increased their meal. They had eaten more seasonal fruits and vegetable like vitamins, minerals, folic acid, phosphorus , iron, iodine, zinc , fish , meat, egg, milk which content Biotin , thiamin, vitamin B12, riboflavin etc. Some of the women suffer from economical problem.

Majority of women expected normal delivery. Among pregnant mother they were some physical issues like vomiting , headache , lower abdominal pain, loss apatite etc. Some were aware about physical test like ultrasonography, urine test, blood test, Most of the women came this hospital for good service , some are financial crisis. Most of the women wanted to do their delivery from this hospital. So that the survey found out 3rdtrimester of pregnant women those were taking proper nutrient food, complete their tetanus vaccination and aware for special care , antenatal care for pregnancy, regular checkup during pregnancy.

Conclusion

In this study session , ensuring maintaining how to make a routine of a pregnant women for antenatal visit and identify the healthy and warning sign symptoms. WHO recommends four time of antenatal visit. But half of the people maintain this instruction. It shows more carefully in developed countries more than developing countries. Many of our population are not educated due to their uneducated educational qualification most of the mortality rate increased. Following the proper guideline and instruction during pregnancy period women and forward fulfill the dreams targets by the SDGS.

Moreover, as a developing country, Bangladesh has been trying to improve the antenatal care reduce the maternal mortality rate. The government of Bangladesh has working on the antenatal care in both urban and rural areas . For fulfilling the sustainable goal and make sure the bright future of our nation at first we should work for mother health or Antenatal Care.

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