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Research Article

**A CROSS-SECTIONAL RESEARCH TO EVALUATE  
AWARENESS ABOUT THALASSEMIA WITH REFERENCE TO  
GENDER AND STUDY PARTICIPANTS**<sup>1</sup>Dr. Muhammad Ihtisham Javed, <sup>2</sup>Dr. Hadiqa Javed, <sup>3</sup>Dr. Maham Bashir<sup>1</sup>House Officer in DHQ Hospital, Faisalabad<sup>2</sup>House Officer in Allied/DHQ Hospital, Faisalabad<sup>3</sup>House Officer in Allied/DHQ Hospital, Faisalabad**Abstract:****Objective:** To assess the frequency of people with awareness concerning thalassemia.**Methods and Patients:** We carried out this cross-sectional research at Allied Hospital, Faisalabad (September 2016 to August 2017). We utilized a composed poll including five segments for the overview (awareness of socioeconomics, analysis, treatment and aversion). It was conveyed to members chose from medicinal students, restorative staff, paramedic students, paramedical staff, non-therapeutic students, non-restorative staff. Educated assent in composing was essential for a look into. A total of 130 members were selected in the present investigation.**Results:** The general awareness of thalassemia is 52% (n = 67), 43% (n = 56) more in ladies than men. 19% of nursing students (n = 25), students 19% (n = 25), para therapeutic students 12% (n = 15), para restorative staff 11% (n = 14), non - medicinal students 18% (23 individuals), non - medicinal staff 16% (21 individuals). The level of information about thalassemia was great, yet the extent of screened members was just 12% (n = 16). Only people who were either doctors or healthcare specialists had a decent awareness of hereditary infection change and determination of thalassemia. Members in non-therapeutic occupations are oblivious.**Conclusion:** Just people related with either specialists or doctors had a decent awareness of hereditary illness change and analysis of thalassemia. Members in non-medical occupations are oblivious.**Keywords:** Awareness, Para Restorative, Non-Therapeutic Thalassemia, Medicinal Understudy.**Corresponding author:****Dr. Muhammad Ihtisham Javed,**

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**INTRODUCTION:**

Thalassemia is an acquired autosomal latent issue. It is described by changes in qualities in charge of the generation of haemoglobin. It is further subdivided into the base of the damaged haemoglobin chain. It has two subtypes,  $\alpha$ -thalassemia and  $\beta$ -thalassemia (mellow, direct and major). Other kinds of thalassemia additionally exist. Cooley weakness and Mediterranean pallor. Thalassemia is the most widely recognized acquired issue [1, 2]. The most astounding commonness rate in zones particular to intestinal sickness. In Pakistan, the pervasiveness rate of beta thalassemia is around 6%, and every year the quantity of tyke conceived in Pakistan surpasses 5000. Around 50,000 patients are enrolled across the country. In Iran, 8000 pregnancies are in danger of 1 – 3 consistently.

Thalassemia is most normal to the tribal individuals of the Mediterranean bowl, Italy, Greece, Middle East, Asia, Africa [3 – 5]. Pre-pregnancy screening and pre-birth conclusion diminish the predominance and assume a vital part in averting thalassemia. Pre-pregnancy screening includes testing the two accomplices to check whether one or the two accomplices are thalassemia bearers. This data can be utilized to discover the likelihood of a tyke with thalassemia major. The pre-birth conclusion should be possible amid pregnancy by performing Chorionic Villous Sampling in 10 to 12 weeks' development. After birth, most patients give hints and indications inside 2 years old [6 – 8]. Finish blood check in the fringe film is adequate for a finding of thalassemia cases, as a rule, however, Hb electrophoresis and hereditary testing are additionally conceivable. The occurrence of thalassemia is expanding because of its causes, screening (prostate/birth), the absence of cognizance for analysis and treatment. Cognizance is the consequence of wellbeing training. Wellbeing training assumes a critical part in diminishing the occurrence of hereditary sicknesses. Therefore, this exploration is gone for perceiving thalassemia of restorative students, Chinese specialists, nursing staff, nursing students, non-therapeutic labourers

(research centre experts and administrators) and non-medicinal executed to affirm the level. This investigation was done to assess the frequency of people with acknowledgement of thalassemia [9, 10].

**MATERIAL AND METHODOLOGY:**

We carried out this cross-sectional research at Allied Hospital, Faisalabad (September 2016 to August 2017). A basic random inspecting procedure was utilized. The aggregate example measure was 130 individuals (N individuals). The investigation populace was chosen from two noteworthy classifications (employees and students) and was three subcategories (medicinal, paramedical and nonrestorative). With composed assent, just candidates who fulfilled incorporation criteria were picked. Non-volunteers were rejected. The creator of the flow looks into utilizing other past investigations planned the poll. Survey 5 and 6 incorporate five segments (statistic, general recognition, indicative discernment, thalassemia treatment and anticipation). The moral endorsement was gotten from morals survey council of Hospital. Every chose member entered an assent shape before enlisting for inquiring about.

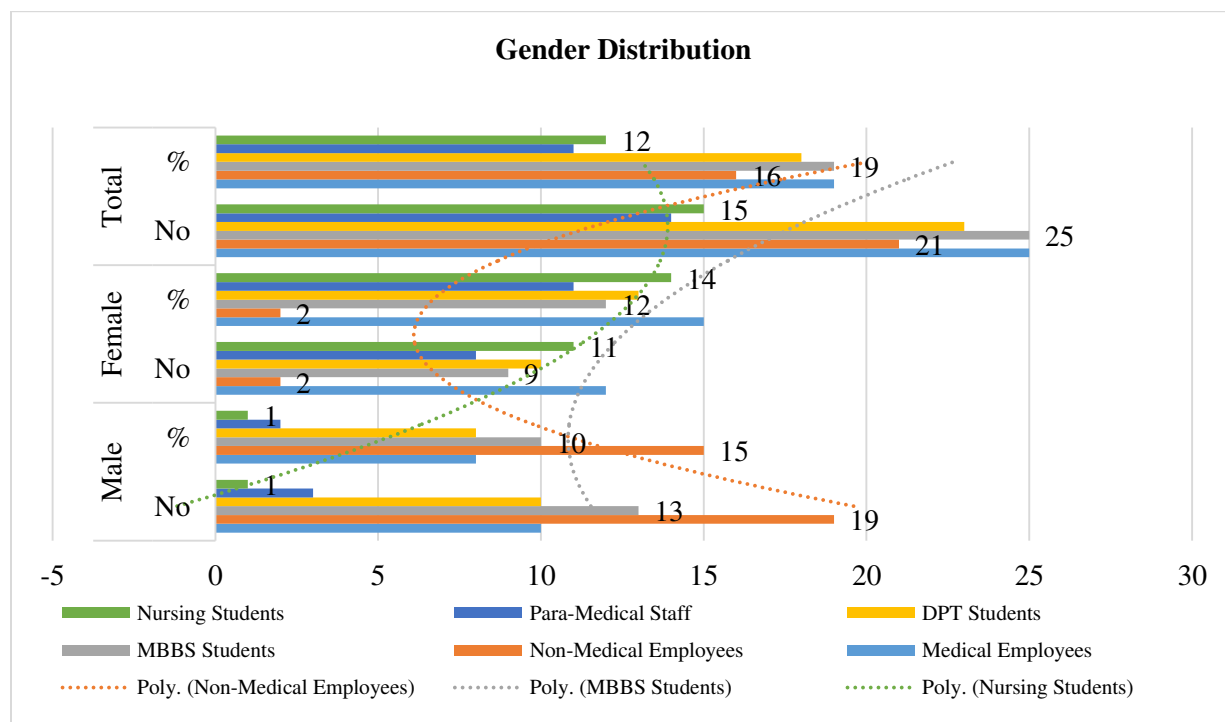
In the wake of acquiring composed assent from the chose candidate, the survey was disseminated and fulfilled by the candidate. The personality of the chose candidate stayed anonymous all through the examination. Surveys were gathered from candidates and went into uniquely planned software, the Social Sciences (SPSS) variant 23 factual bundle. Was utilized as a part of frequency for frequency on the level of quantitative factors for factual thinking.

**RESULTS:**

A total of 130 members were enlisted in various offices and diverse levels of research. The reaction rate was 100% (that is, n = 130). 19% (n =25) medical staff was 60% (n=15) after graduation and 40% (n = 10) was a graduate. Non-medical employees are 8% of essential training.

**Table – I:** Distribution of Participants with Respect to Gender and Category

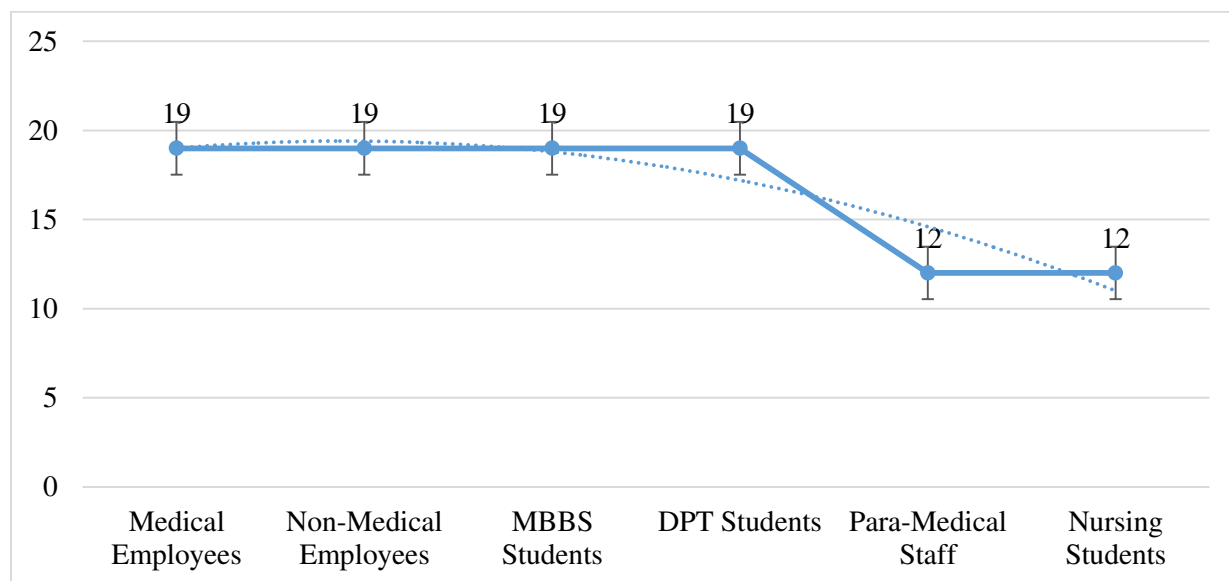
Research Sample Distribution	Male		Female		Total	
	No	%	No	%	No	%
Medical Employees	10	8	12	15	25	19
Non-Medical Employees	19	15	2	2	21	16
MBBS Students	13	10	9	12	25	19
DPT Students	10	8	10	13	23	18
Para-Medical Staff	3	2	8	11	14	11
Nursing Students	1	1	11	14	15	12
Total	56	43	52	67	123	95



About 24% of auxiliary instruction (6 individuals), 24% of students (6 individuals), 24% (n = 7) of students are graduates, 16% (N = 4) was after graduation. After graduation by 53% (8 individuals), 12% (n = 15) of 40% (6 individuals) graduated, and 7% (1 individual) got auxiliary instruction of medical professionals (Qurratulain, et al.). About 19% (n = 25), 19% (n = 25), 12% (n = 15), MBBS, DPT, undergrad branch of nursing.

**Table – II:** Distribution of Participants with Respect to Their Categories and Sub-Categories

Candidates	Percentage
Medical Employees	19
Non-Medical Employees	19
MBBS Students	19
DPT Students	19
Para-Medical Staff	12
Nursing Students	12



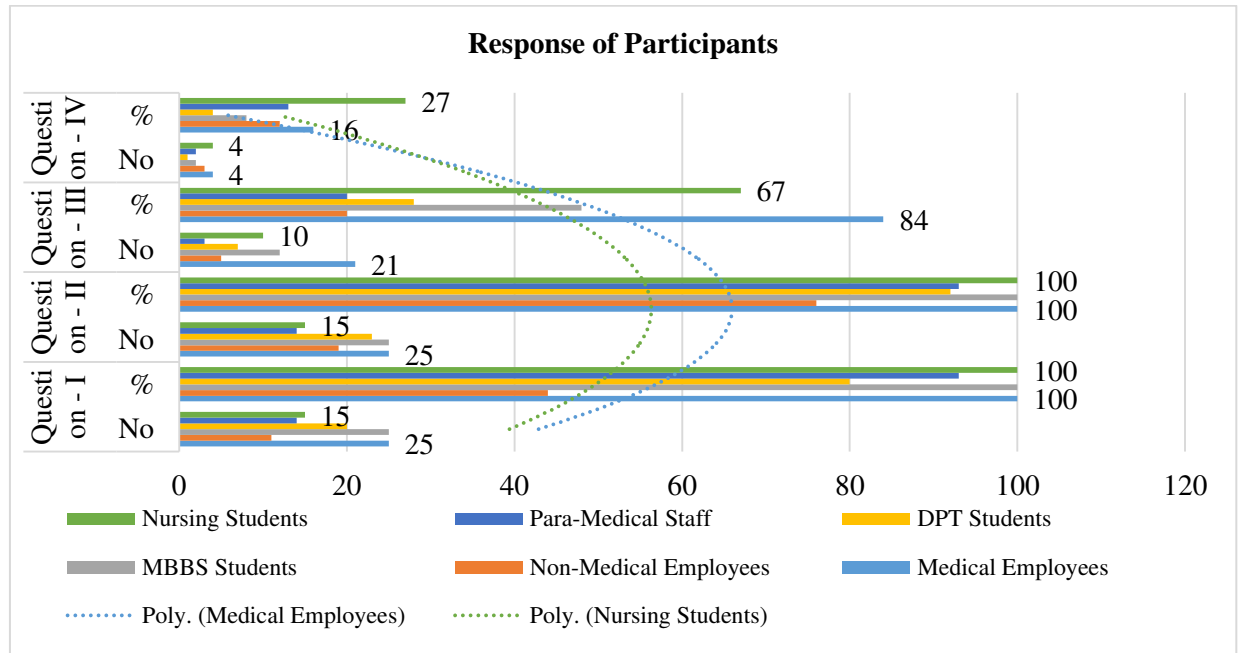
Regarding the sorts of ailments, thalassemia is an acquired issue with representative learning level of 100% (n = 25) in medical labourers, 93% in paramedical staff (n = 14), 44% (n = 11) Only people knew something. DPT students, i.e., 80% (n = 20) DPT students realized that thalassemia was innate, while MBBS students were 100% (n = 25) and nursing students, in particular 100% issue. Just for people realized that thalassemia could be analyzed by blood tests if the extent of medical labourers was higher than 100% (n = 25) and paramedical staff (93%) (n = 14). Rather than 100% (n = 25) of MBBS students and nursing students, to be specific 100% blood tests, while DPT students, 92% (n = 23) realized that thalassemia could be analyzed.

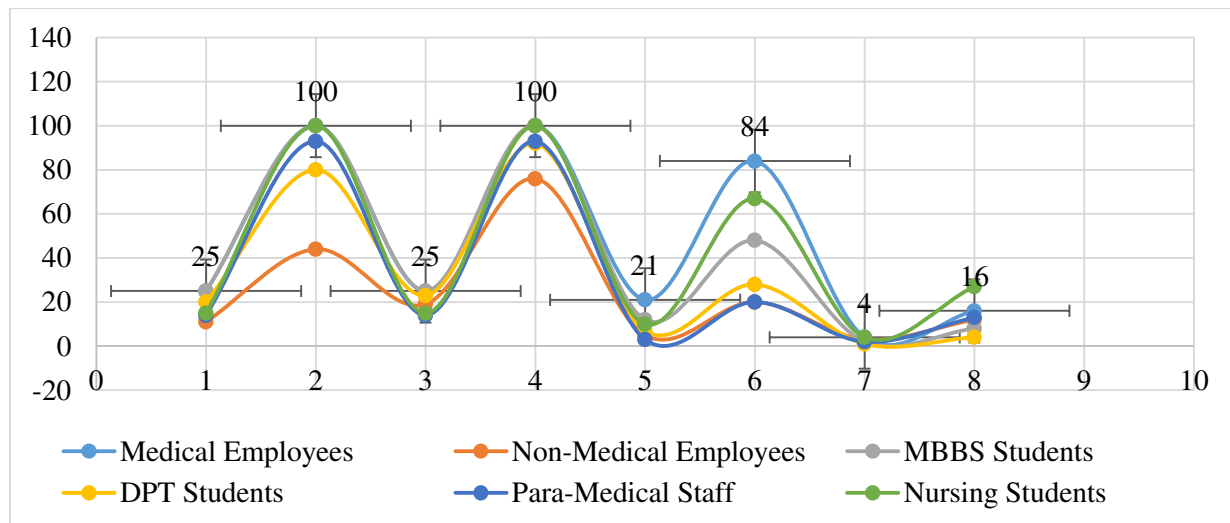
**Table – III:** Thalassemia Awareness (Questions)

Question No	Statement	Answer
1	What kind of disease is thalassemia?	Hereditary
2	How thalassemia can be diagnosed?	Blood Test
3	Can thalassemia be asymptomatic?	-
4	Have you ever been screened for thalassemia?	-

**Table – III:** Thalassemia Awareness on Various Aspects (130)

Research Sample Distribution	Question - I		Question - II		Question - III		Question - IV	
	No	%	No	%	No	%	No	%
Medical Employees	25	100	25	100	21	84	4	16
Non-Medical Employees	11	44	19	76	5	20	3	12
MBBS Students	25	100	25	100	12	48	2	8
DPT Students	20	80	23	92	7	28	1	4
Para-Medical Staff	14	93	14	93	3	20	2	13
Nursing Students	15	100	15	100	10	67	4	27





For people with affliction, just people realize that thalassaemia, 84% of the employees (medicinal services specialists) (21 individuals) and paramedical staff (20%) (n = 3) might be asymptomatic. It was. DPT students, i.e. 28% (n = 7) DPT students, MBBS students (i.e. 12 students) and nursing students (67 individuals), while realizing that thalassaemia might be asymptomatic. About 12% (n = 3) for hospital counteractive action and screening when the information level of the medical staff is higher than 16% (n = 4) and paramedical staff (13%) (n = 2) Only for people knew thalassaemia could be screened and forestalled. The learning level of MBBS students was 8% (n = 2), the nursing students 27% (n = 2), while the DPT students, just 4% (n = 1) people realized that thalassaemia could be screened, 4) Prevented.

### DISCUSSION:

As indicated by our overview, the learning level determination, the lower side write than the of members taking an interest, assisted with three review led in Malaysia among future social. insurance suppliers It was around 74% obtained. (MBBS, Nursing, Pharmaceutical Student) at four unique levels (Excellent, Good, Average, Poor). Learning is around 90% as an afterthought higher than the ebb and flow examine (n=75), in another study 54.5% (207 out of 380 individuals) was educated about the thalassaemia in Pakistan. According to an investigation by 46.4% of respondents in Malaysia who thought about Thalassaemia, another investigation of medical and non-medical students in Malaysia demonstrated that 53.99% of medical students and 46.01% In a comparative report led by non-medical students in Iraq, the level of information of thalassaemia patients

about thalassaemia is around 39%, 32.5% and 28.5% are minimally fulfilled 10), lasting Palm D, MBBS, And 22% of the overall public were chosen for populace (entire populace 200), however the staying 78% of the populace was uninformed of the infection or the outcome. As per our study, Thalassaemia's discernment is men indicating comparative outcomes to other investigations, and females have more awareness about thalassaemia (i.e.52% (n = 67)), similar to the investigation of Malaysian villagers who are aware of ladies 5% higher than men. Future social insurance supplier thinks about in Malaysia demonstrate that ladies are better than men in normal learning level Malaysia's populace review demonstrates that ladies are more aware of male with 80.8% results.

As indicated by literature, medical officials realized that thalassaemia is a heredity disorder (i.e. 100%), yet 96.5% of medical and 62% of nonmedical respondents. Malaysian medical students and non-medical showed intense results as 66.33% of medical students and 36.67% of nonmedical students realize that thalassaemia is a familial (acquired) illness, yet 25.92% in the medical field and 74.08% in the non-medical field Thalassaemia didn't realize that it is a familial (genetic) ailment. As per our examination, medically related members realized that thalassaemia was analyzed by blood test (i.e. 100%), however 96.5% para-prescription and 84% non-medical, and other outcomes, Similar to other investigations that demonstrate that thalassaemia is known by 65.69% of medical students and 15.7% of non-medical students, as reviews of asymptomatic Malaysian medical and nonmedical students Since some thalassaemia is identified with blood, the quantity of red platelets has diminished, yet 27.28% of healthcare labourers and

72.82% non-wellbeing specialists did not think about thalassemia and its issues. In a similar report, 71.91% of medical students and 28.09% of patients are pale, yet 46.15% of healthcare laborers and 53.85% of non-wellbeing specialists are thalassemia patients who are not pale, 23.47% in medical organizations, 23.47% In the establishment 76.53% did not know whether thalassemia patients are pallid in Malaysia statistics, 76.4% have thalassemia has haematological scatters, i.e. red platelet tally is diminished, 92.8% experienced ill effects of thalassemia. An investigation directed among Malaysian villagers who realized that 71.2% of respondents could analyze thalassemia by a blood test, who realized that it was being utilized to analyze weather [5].

As indicated by our review, general, 12% of the members were screened by Thalassemia equivalent to other investigations. Pakistan's thalamic kids' folks' examination indicates low acknowledgement of the significance of blood screening tests. Overall 13.6% of respondents in Thalassemia were screened in which China has (30.8%) trailed by 17.4% individuals in Indian, in another investigation of Malaysian medical students showed 55.35% and non-medical students, 44.65% % of non-medical students' respondents were tested for thalassemia. It is a quality of thalassemia and just 29 of 300 research responders (0.9%) were screened for thalassemia. In another investigation directed in Lahore, Pakistan, 84.3% of guardians knew about thalassemia screening, however, 15.7% were all children of Thalassemia, yet in addition did not think about thalassemia screening. These investigations demonstrate that members identified with healthcare specialists have a higher learning level than those not identified with medicinal services labourers. This is on account of healthcare labourers have an address on thinking about on hematology related sicknesses and books for ponder while other individuals inconsequential to medical workforce raise their level of information and study We don't have battles or projects to do.

### CONCLUSION:

Just people related with either specialists or doctors had a decent awareness of hereditary illness change and analysis of thalassemia. Members in non-medical occupations are oblivious. The extent of the sample size was small, it was led at medical universities and hospitals, so it might be unique in relation to the overview finished with bigger examples or the overall public. As indicated by our overview, the learning level of members taking an interest, assisted

with three parameters of the sort of sickness, its determination, the lower side write than the review led in Malaysia among future social insurance suppliers. It was around 74% obtained. (MBBS, Nursing, Pharmaceutical Student) at four unique levels (Excellent, Good, Average, Poor). Learning is around 90% as an afterthought higher than the ebb and flow examine (n=75), in another study 54.5% (207 out of 380 individuals) was educated about the thalassemia in Pakistan.

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