

# Evaluation on the Awareness and Perception on the Importance of Vitamin K among Pregnant Women in Rural and Urban Areas in Iligan City

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## ABSTRACT

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<b>Introduction</b>	Newborn care consists of routines including the administration of Vitamin K. Deficiency of the said vitamin would lead to serious complications called Vitamin K Deficiency Bleeding Disorders which pose a risk for bleeding in infants, especially those that are from traumatic births. There are increasing reports of cases in the Philippines in which chances of surviving are so limited. Here in Iligan City, practice on vitamin K administration is done only in hospital settings. With majority of the people below poverty line, many would prefer to have delivery at home or at barangay health centers, depriving the neonate from the administration of Vitamin K. Thus this study was conducted to evaluate the awareness and perception of pregnant mothers on the importance of Vitamin K.
<b>Methods</b>	The data were collected through interviews and survey questionnaires developed originally by the researchers. The respondents were pregnant mothers aged 15-40 years old regardless of their parity and gravidity from selected barangays in Iligan City. The data were analyzed with Pearson Correlation Method with the aid of Statistical Package for the Social Sciences Version 17.
<b>Results</b>	The respondents have a very poor perception and awareness on the importance of vitamin K which greatly increase their children's risks of having bleeding disorders, and that their awareness and perception were significantly related to their profile. Also, the results showed that the respondents' perception and awareness on Vitamin K were significantly related which clearly demonstrates that awareness serves as a very important modifying factor that would awaken consciousness and facilitate the perception of mothers.
<b>Conclusions</b>	That there should be a more concentrated effort in providing information to pregnant women and also those women at childbearing age about Vitamin K through intervention programs designed to increase their awareness and perception; with the collaboration of the local government, the barangay health centers and community nursing programs of nursing schools. The researchers highly recommend that government officials should enforce a health bill, allowing Vitamin K administration at barangay health centers, and that training and seminars should be given to Barangay Health Workers regarding this matter.