INTRODUCTION
Anaemia is a very common problem in developing country like Nepal among children's and young females. In world anaemia affects 1.62 billion people, which is 24.8% of the total population. The highest incidence of anaemia is in preschool children (47.4%) and the lowest is in men (12.7%) [1,2]. WHO criteria for evaluating anaemia hemoglobin concentration is less than 11g/dl in children 6 month to 6 year, 12 g/dl in children 6 to 14 years, 13 g/dl in adult male,12 g/dl in adult non pregnant females and 11 g/dl in adult pregnant females. The most common anaemia is iron deficiency anaemia followed by diamorphic anaemia which consist of microcytic hypochromic anaemia as well as megaloblastic anaemia followed by hemolytic anaemia. Iron deficiency in females and children causes mental weakness and deficiency in immune system [3,4,5,6,7,8]. The clinical presentation of iron deficiency anaemia in children is pica.

The most common cause of megaloblastic anaemia is deficiency of vitamin B12, folic acid and consumption of alcohol. Drugs like anticonvulsants and oral contraceptive pills can also cause megaloblastic anaemia. During pregnancy, infancy, disseminated cancer and marked increase in hemoptysis, the peripheral smear findings of megaloblastic anaemia includes macro-ovalocytes and hypersegmented neutrophils. The bone marrow findings is markedly hypercellular, due to increased numbers of megaloblasts, erythroid hyperplasia,
giant metamyelocyte, large megakaryocyte with bizarre multilobed nuclei. This study was done to find out the prevalence of anaemia visiting the OPD of various departments of Rapti Academy of Health Science, Ghorahi, Dang.

MATERIALS AND METHODS

Study design and setting
This study was a prospective cross-sectional study done at central laboratory of Rapti Academy of Health Sciences, Ghorahi, Dang, Nepal from 1st March 2019 to 1st April 2019.

Participants and study procedures
A total of 1000 samples including males, females, children and elderly patients which came in central laboratory from various departments of Rapti Academy of Health Sciences on regular basis were taken and Mindray 5 part hematology analyzer was used to evaluate the samples. Only in those samples with low haemoglobin count, peripheral smear examination was done to determine the type of anaemia. All the patient’s blood samples with laboratory features of anaemia were included. The Institutional Review Committee (IRC) of Rapti Academy of Health Sciences reviewed and approved this study.

Statistical consideration
The data was entered into MS excel and transferred to SPSS version 17.0 for analysis. Descriptive statistics were employed to summarize the data. p<0.05 was considered statistically significant.

RESULTS

Sociodemographic characteristics
Out of 1000 patients, 240 (24%) patients were found to be anaemic (Figure 1). 83.33% (n=200) were females and 16.66% (n= 40) were males (Figure 2). Peripheral smear showed microcytic hypochromic anaemia in 50% (n= 120) of all anaemic cases. Dimorphic anaemia was found in 41.66% (n=100), haemolytic anaemia was found in 1.66% (n=4) and anaemia of chronic disease in 6.68% (16) of all the anaemic cases (Table 1).

<table>
<thead>
<tr>
<th>Types of anaemia</th>
<th>Number</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microcytic hypochromic</td>
<td>120 cases</td>
<td>50.00</td>
</tr>
<tr>
<td>Dimorphic anaemia</td>
<td>100 cases</td>
<td>41.66</td>
</tr>
<tr>
<td>Hemolytic anaemia</td>
<td>4 cases</td>
<td>1.66</td>
</tr>
<tr>
<td>Anaemia of chronic disease</td>
<td>16 cases</td>
<td>6.68</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>240 cases</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>
**DISCUSSION**

The occurrence of iron deficiency anaemia worldwide is 30% and the most affected parts of world are developing countries [11]. The prevalence of anaemia in children’s of age group 6 month to 6 years of Kathmandu valley was found to be 46% [12]. The prevalence of anaemia in this study in females was 83.33% which is slightly higher than the studies conducted earlier, where the prevalence of anaemia in women was between 60.5% to 78.3% [13,14]. Peripheral smear showed microcytic hypochromic anaemia in 50%, dimorphic anaemia in 41.66%, haemolytic anaemia in 1.66% and anaemia of chronic disease in 6.68% of all the anaemic cases. The most common cause of microcytic hypochromic anaemia was iron deficiency anaemia, which was primarily found during pregnancy and lactation.

At the beginning of sixth week of pregnancy, the plasma volume increases disproportionately compared to the red cell mass. Maternal plasma volume increases by 50% but the corresponding RBC mass increases by only 20-30%. Other causes of iron deficiency anaemia are dietary deficiency and scishtosomiasis.

**CONCLUSIONS**

Anaemia is a major problem worldwide and the most common anaemia is microcytic hypochromic anaemia, especially iron deficiency anaemia followed by megaloblastic anaemia and hemolytic anaemia. Thus, it is necessary to do haemoglobin count and stool examination of woman in hilly regions on a regular basis, which will be helpful to avoid further anaemia related complications.

**ADDITIONAL INFORMATION AND DECLARATIONS**

**Acknowledgements:** I would like to thank all the departments like Medicine, Surgery, OBG, ENT of Rapti Academy of Health Sciences, Ghorahi, Dang for sending samples of anaemic patients.

**Funding:** Self

**Competing Interests:** The authors declare no competing interests.

**REFERENCES**


©2021 The Authors. BMJMS: An International Publication of Centre for Clinical Research and Community Health (CC-REACH) by MedSprit Alliance Ltd.

10