



**THE NETWORK**  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT

# TUFH2020 MEXICO

**VIRTUAL CONFERENCE**

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

#TUFH2020  
TUFH2020.COM



## TUFH 2020 Abstracts

<b>Title</b>	<b>Hemoglobin levels and health promotion in pregnant women in rural Colombia</b>
<b>Type</b>	TUFH Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
<b>Presenting Author</b>	<b>Lina María Martínez-Sanchez</b>
<b>Co-Authors</b>	<b>JULIÁN JARAMILLO MEJÍA, Mabel Dahiana Roldán Tabares, Laura Isabel Jaramillo Jaramillo, Andrés David Aranzazú Ceballos, Kelly Johana Fernández Villa</b>
<b>Country</b>	Colombia
<b>Abstract N°</b>	TUFH279
<b>Content</b>	<p>Our main objective was to assess hemoglobin levels in pregnant women and their obstetric and neonatal and unfavorable outcomes, during the 2018 and 2019 period in Anorí, Colombia. With this study we studied a rural population that does not have access to good health services. Methods: A cross-sectional descriptive observational study was carried out, the study population was pregnant women &gt; 16 years old, with laboratory confirmation of pregnancy, their prenatal control and delivery was attended in the hospital of the municipality of Anorí, Colombia. The analysis was carried out by the SPSS 24 program. Results: 122 patients with a mean age of 23.8 years, average weight on 61.4 kg, were included. The hemoglobin average level before 20 weeks was 13.46 g/dl. Every woman in our study received iron and calcium, but only 91.8% folic acid. Regarding the reported maternal outcomes, it was found that in 113 (94.2%) of the cases, control was achieved in the hospital, 6 cases (5%) required remission and only one case of maternal death was recorded; in that case, neonatal death was also recorded, which was the only outcome of this type recorded in neonates. Conclusion: The average hemoglobin value is consistent with the physiological changes typical of pregnancy, all patients received iron highlighting the importance of supplementation at early gestational age to prevent complications associated with anemia. In a country like Colombia this population (pregnant women) do not have access to a well-established follow-up for their pregnancy and through this investigation project, we worked on promotion and prevention strategies in order to have a great impact on their lives.</p>