

Effect of nutritional and hand-hygiene educational programs on maternal anaemia and foetal birth weight

Submission date 10/05/2010	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 27/05/2010	Overall study status Completed	☐ Protocol
Last Edited 27/05/2010	Condition category Pregnancy and Childbirth	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

EC 50/354-012

Study information

Scientific Title

The effectiveness of nutritional and hand-hygiene educational programs on maternal anaemia and foetal birth weight in southern Thailand: a randomised controlled trial

Study objectives

1. Nutritional and/or hand-hygiene programs can reduce the anaemia in pregnant women and improve foetal birth weight at delivery in soil-transmitted helminth (STH) endemic area.
2. Hand-hygiene program has synergistic effect to nutritional program to reduce anaemia in pregnant women and improve foetal birth weight in soil-transmitted helminth (STH) endemic area.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval was obtained from the Ethics Committee of Faculty of Medicine, Prince of Songkla University, Songkhla, Thailand (reference no. EC 50/354-012), Ethic Committee of Ministry of Public Health (reference no. 9/2008)

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

STH infestation, maternal anaemia, foetal birth weight

Interventions

1. Control: without any intervention

This group will not expose to any interventions and will receive normal routine standard of ANC.

2. Intervention 1: nutritional program

The 15 minutes flipchart on nutritional knowledge and practice consisted of four topics:

- 2.1. Importance of nutrition for mother and their foetus
- 2.2. Affect of malnutrition and further health problems
- 2.3. Kinds of food and adequate quantity for mother
- 2.4. Appropriate methods to choose and prepare food for cooking.

2. Intervention 2: hand hygiene program

The 15 minutes flipchart on hand-hygiene knowledge and practice consisted of four topics:

- 3.1. Epidemiology of STH and the effects on mother and baby
- 3.2. Important route of transmission
- 3.3. Important of hand hygiene for personal health and STH transmission
- 3.4. Correct methods of hand washing

4. Intervention 3: nutritional plus with hand hygiene program

The 30 minutes flipchart on nutritional and hand-hygiene knowledge

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Maternal anaemia, defined as haemoglobin <11g/dL (WHO criteria), measured at recruitment (12-20 weeks) and 32 weeks of gestation.
2. Foetal birth weight

Key secondary outcome(s)

STH infestation:

Binary outcome is infested or not infested. If infested then the intensity and type of helminths is measured at recruitment(12-20weeks) and 3 month after recruitment.

Completion date

31/12/2009

Eligibility**Key inclusion criteria**

All pregnant women with a gestational age of twelve to twenty weeks, who had lived in Narathiwat province for at least one year and were attending the antenatal clinic in four of the study hospitals at first visit.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Key exclusion criteria

1. High-risk pregnancies such as severe anaemia of less than seven gm/dl
2. Heart disease
3. HIV positive/AIDS
4. Any mental problems

Date of first enrolment

01/01/2008

Date of final enrolment

31/12/2009

Locations

Countries of recruitment

Thailand

Study participating centre**Epidemiology Unit**

Songkhla

Thailand

90112

Sponsor information

Organisation

Prince of Songkla University (Thailand)

ROR

<https://ror.org/0575ycz84>

Funder(s)

Funder type

Research organisation

Funder Name

Institute of Research and Development for Health of Southern Thailand (Thailand)

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration