

Prevalence of Thalassemia in Children of Adilabad District

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Abstract

Background: Thalassemias are the common monogenetic diseases belonging to the family of inherited disorders of hemoglobin synthesis characterized by the impaired formation of globin chains of adult hemoglobin. The Region of Adilabad District in Telangana is one of the places where the presence of thalassemia is very common because of geographic location and presence of predominantly tribal population. We in the present study tried to determine the presence of thalassemia among the children admitted in the pediatric ward with severe anemia. **Method:** This cross-sectional study was conducted in Rajiv Gandhi Institute of Medical Sciences and Hospital [RIMS] Adilabad. The data was collected from Oct 2017 to Jan 2018. The blood samples were collected from the suspected anemic patients in a vacutainer of 5ml and sent for confirmation of the presence of thalassemia and treatment was done accordingly. The complete records of the patients detected with thalassemia were maintained for future treatments. **Results:** Total numbers of inpatients admitted in the pediatric ward during the period from Oct 2017 to Jan 2018 were 2055. Out of that 52 patients were confirmed with Thalassemia. Out the 52 cases, 34 cases were male children having minimum Hb gm% 3.4 and maximum Hb gm% 9.4 with 95% Confidence Interval 5.3 – 6.5. Cases of thalassemia in female were 18 numbers having minimum Hb gm% 3.7 and maximum Hb gm% 9.8 and 95% Confidence Interval of 5.13 - 6.47. The prevalence rates of thalassemia in pediatric inpatient wards were 2.53%. **Conclusion:** The prevalence of Thalassemia is common in Adilabad, there is a need for complete and detailed study collecting baseline data of tribal children with Thalassemia. The data obtained from such a study can be used by the Governmental Authorities to prepare an appropriate action plan for reducing the burden of the disease and providing treatment and support to people already suffering from the disease.