

CHAPTER 7: RECOMMENDATION

- Data from the present study showed that compliance and continued use of calcium and vitamin D was good. The major bottleneck was the supply.
Therefore, efforts should be made to improve the supply line both in hospital and community settings, to ensure adequate availability of calcium and vitamin D tablets to pregnant women from tertiary care hospitals to the community setting.
- It is important to assess the impact of calcium and vitamin D supplementation on the vitamin D levels of pregnant women in all four seasons of the year.