

The Knowledge Regarding Prevention of Diarrhea and Home Management among Mothers of Under Five Children Attending Paediatric Outpatient Department in a Selected Tertiary Care Hospital, Maharashtra

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Abstract: ***Introduction:** Objectives: To assess knowledge of mothers of under-five children regarding prevention & home management of diarrhea. To find association between levels of knowledge regarding prevention of diarrhea and its home management with selected demographic variables. **Methods:** A descriptive study was conducted among 50 mothers of under five children to assess the regarding prevention and home management of diarrhea in the pediatric Outpatient Department of a selected tertiary care hospital. A self administered questionnaire was prepared and administered among the selected samples using consecutive sampling technique by interview method. **Results:** 98% of mothers had good knowledge and 2% had average knowledge regarding prevention of diarrhea. Only 8% of mothers had good knowledge regarding home management of diarrhea. 48% of mothers had average knowledge and 44% had below average knowledge regarding home management of diarrhea. The study showed that as the educational qualification increases there is improvement in the level of knowledge regarding home management of diarrhea. **Conclusion:** Within the limits of the study, the result assessed knowledge of mothers of under-five children regarding prevention of diarrhea and its home management and associated the level of knowledge with selected socio-demographic variables.*

Keywords: assess, knowledge, diarrhea, mothers, prevention, home management

1. Introduction

Under-five children are the most vulnerable age group which is prone to communicable diseases. Diarrhea is one of the major cause of mortality and morbidity among under-five children and is a common cause of childhood death in developing countries in India. It kills children more than AIDS, Measles, and Malaria combined. Various studies shows 88% of death due to diarrhea is contributed by unsafe water, inadequate sanitation and insufficient hygiene. According to UNICEF March 2018 data, diarrhea is a leading killer of children, accounting for approximately 8% of all deaths among children under-five worldwide. This translates to over 1300 young children dying each day, or about 480000 children a year, despite the availability of simple effective treatment.^[1] It is responsible for 4000 million episodes and 2.3 million deaths each year in under-five children in India. In Maharashtra diarrhea causes 33% of under-five mortality rate. However in last 2 decades the mortality due to diarrhea in under-five children has reduced. It may be due to correct case management as per standard treatment guidelines recommended by WHO and the use of ORT as a key stone in case management.

Mothers' knowledge regarding management of diarrhea place a vital role in case management and mortality and morbidity associated with diarrhea.

2. Methods /Approaches

A descriptive study conducted at a Paediatric opd in a selected Tertiary Hospital in Maharashtra. The population for study are the mothers of under-five children attending pediatric OPD on specific day of data collection and willingness for study.

A total sample of 50 collected for the duration of one week. A structured questionnaire is prepared with Three parts, Demographic data, Knowledge assessment regarding the prevention of diarrhea and knowledge assessment regarding the management of diarrhea.

Consecutive sampling technique is been used in this study. Interview technique is followed. The data collected and the identity of the participants are kept confidential. In the data analysis descriptive statistics applied. Each correct answer was provided with a score of one and the total scoring was done out of twenty. Level of knowledge was classified into three categories based on the score. Data related to demographic variables, knowledge of mothers regarding prevention of diarrhea and home management of diarrhea would be analyzed in terms of descriptive statistics. Level of knowledge was classified into three categories based on the score.

The data obtained after associating knowledge regarding prevention of diarrhea and its home management with demographic variables also analyzed in terms of descriptive statistics

Knowledge of the mothers assessed on importance of cleanliness of environment, covering cooked food, use of safe portable water, regarding vaccines for virus associated diarrhea, open air defecation, control of flies, cleaning breast before feeding and hand washing. In the assessment of home management by the mothers. The preferable food, food that should avoid, administration of ORS administration, frequency, storage and home preparation of ORS are done. Associated the demographic variables with the knowledge of samples regarding prevention of diarrhea as well as management of diarrhea.

3. Result

Knowledge level of mothers regarding prevention of diarrhea

Table 1.1: Distribution of knowledge of mothers according to level of knowledge regarding prevention of diarrhea, n=50

S. No	Knowledge level	Frequency	Percentage
1	Good	49	98
2	Average	0	02
3	Below average	0	0

Table 1.2 shows that 98 % mothers had good knowledge regarding prevention of diarrhea. 02% had average knowledge.

Mothers knowledge regarding hand hygiene practices to prevent diarrhea

Table 1.2: Distribution of mothers according to knowledge regarding hand hygiene practices to prevent diarrhea, n=50

SL NO.	Hand washing moments	Frequency		Percentage	
		Yes	No	Yes	No
1	Before cooking or handling food	100	0	100	0
2	Before eating or feeding child	100	0	100	0
3	After defecation	100	0	100	0
4	After touching soiled surface or object	100	0	100	0

Table 1.2 shows that 100% mothers' of under-five children had the knowledge that hand washing before cooking or handling food, before eating or feeding child, after defecation, after touching soiled surface or object and after cleaning defecated child can prevent diarrhea

Awareness of mothers regarding use of ORS

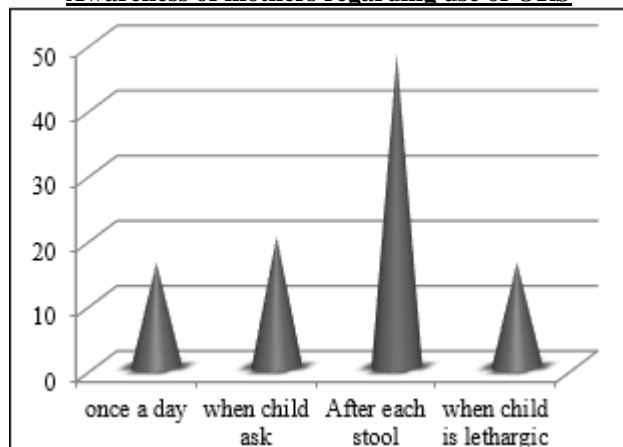


Figure 1.1 shows that only 48% of mothers are aware that ORS should be administered to child with diarrhea after each stool. 20% told when child ask, 16% told once in a day and other 16% told when the child is lethargic.

Mothers knowledge regarding home management of diarrhea

Table 1.3: Distribution of mothers according to knowledge regarding home management of diarrhea in relation with educational qualification, n= 50

SL NO	Educational qualification	Knowledge level		
		good	average	Below average
1	Illiterate	0	0	0
2	Upto 10 th	0	50	50
3	10+2	0	33	67
4	Graduation & above	40	50	10

Distribution of mothers according to knowledge regarding breast feeding practices in diarrhea

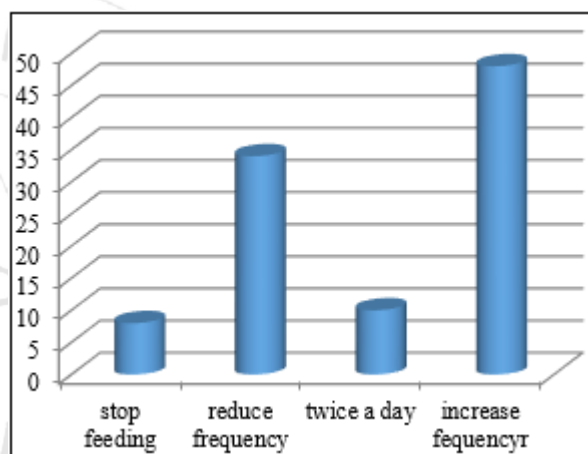


Figure 1.2: Distribution of mothers according to knowledge regarding breast feeding practices in diarrhea

Distribution of mothers according to knowledge regarding fluid can be given during diarrhea.

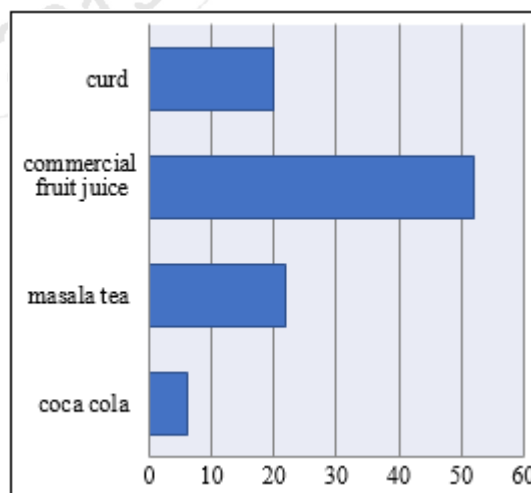


Figure 1.3 shows only 20% of mothers' are aware curd should be given during diarrhea where 52% told commercial fruit juice, 22% told masala tea and 6% told coca cola.

4. Discussion

Out of 50 samples 62% of mothers were within 23-28 yr, 28% were with 18-22yrs and 10% were above 34 yrs. Among the group 48% were having 2 children, 46% had 1 child and 6% had 3 children. 44% had education upto 10th. 36% had 10+2 education and 20% had educational qualification of graduation and above. 10% of mothers were working while 45% were not working. 60% of mother had income between 10000-20000, 18% had less than 10000, 14% had between 20001 to 30000 and 8% had more than 30000.

The study showed that 98% of mothers of under-five children have good knowledge and 2% of mothers had average knowledge regarding prevention of diarrhea. Among this 96% of the mothers had the knowledge that keeping environment clean, cooked food covered, use of safe portable water, control of flies, cleaning of breast before feeding child can prevent diarrhea. While 4% did not have this knowledge. 72% of mothers were aware that vaccines are available against virus associated diarrhea where 24% were not aware. 86% of mothers were having the knowledge that open air defecation will lead to diarrhea while 14% of mothers were not aware. 100% of mothers of under five children had the knowledge that hand washing before cooking or handling food, before eating or feeding child, after defecation, after touching soiled surface or object and after cleaning defecated child can prevent diarrhea.

Regarding the home management of diarrhea 8% of mothers had good knowledge, while 48% had average knowledge and 44% had below average knowledge. Among this 74% of mothers were aware that mashed potato or banana can be given to a child with diarrhea. 84% of mothers were aware that spicy food should not be given in diarrhea. 48% of mothers are aware that frequency of breast feeding should be increased during diarrhea. 8% had the opinion that breast feeding should be stopped during diarrhea. Regarding the food to be given during diarrhea, 52% of mothers had the misconception that commercial fruit juices should be administered to a child with diarrhea whereas only 20% of mothers were aware that curd should be given during diarrhea. Regarding administration of ORS 48% of mothers were aware that ORS should be administered after each stool where as 16% believed that ORS should be given only when the child is lethargic. 40% of mothers were aware that ORS can be stored for 24hrs while 2% had the opinion of storing for 48 hrs. Regarding the home made preparation of ORS only 10% of mothers were aware about the preparation where as 90% were unaware.

5. Conclusion

The study conducted at Paediatric outpatient Department at a selected tertiary hospital in Maharashtra. 50 samples were collected. Majority of (60%) the mothers were within the age group of 23 to 28 Yrs., 48 % of mothers were having two children and 44% of them had education up to 10th. 90% of the mothers were not working, 60 % of the samples were having income between 10,000 to 20,000. It was seen that 98% of the mothers had good knowledge and 2% of mothers had average knowledge while no mothers had below average knowledge.

Study shown that 8% of the mothers had good knowledge, 48% had average knowledge and 44% had below average knowledge regarding home management of diarrhea.

More the knowledge regarding the prevention and management of diarrhea greater the quality of care provided to the children. The study findings will help to understand the level of knowledge of mothers of under-five children regarding prevention and home management of diarrhea and it will help the health professionals to apply appropriate interventions to increase the level of knowledge of mothers.

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