

The Knowledge, Attitude & Practices of Rural Mothers Of Infants about Diarrhea in Dera Ghazi Khan.

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Abstract:

Background:

Diarrhea is leading cause of death in infants. 60% of Pakistan's population lives in rural areas.

Objective:

To Assess Knowledge, Attitude & Practices Of Rural Mothers Of Infants About Diarrhea

Study Design:

Cross-sectional

Place and Duration:

This study was conducted at EPI center, in OPD and Diarrheal Unit of Pediatrics ward of Teaching Hospital Dera Ghazi Khan, over a 4 months period i.e. duration from 10-04-2017 to 10-08-2017. A sample of 112 was collected by interviewing rural mothers of infants using a standard questionnaire.

Methodology:

Informed verbal consent was taken from all subjects under study before commencing data collection. The Performa contained different variables like age, no. of infants, mother's education, Knowledge about causes of diarrhea, the signs of dehydration, Consequences of diarrhea, knowledge about preparation of ORS.

Results:

Out of 112 subjects, 58.9% of Mothers were between 20-29 years of age,

46.4% had knowledge that diarrhea was loose watery stools, 24.1% told that diarrhea was caused by contaminated water, 29.5% were of the view that signs of dehydration were combination of any of two of the Sunken eyes, Dry skin, Dec. Urine output, Thirst, Weight loss. 69.6% mothers had knowledge that consequences of diarrhea were being weak & lethargic, 92.9% told that they consulted the doctor in case of diarrhea, 43.8% said that they took their child to doctor when the child was dehydrated. 37.5% started self-medication because of previous consultation of same child, 72.3% knew how to prepare ORS, 33% used the combination of any two things in diet of child in diarrhea; ORS, Khichri, Milk, Banana, Yogurt, Rice.

Conclusion:

Majority of the mothers had a good understanding of diarrhea, knowledge about ORS and got doctor's advice when the child had severe diarrhea. More than 70% of the mothers had knowledge how to prepare ORS and knowledge about prevention of diarrhea.

What is diarrhea?

Diarrhea is the passage of loose, watery stools and/or having bowel movements more frequently than usual.

Types:

There are three clinical types of diarrhea:

1. Acute watery diarrhea – lasts several hours or days, and includes cholera;
2. Acute bloody diarrhea – also called dysentery; and
3. Persistent diarrhea – lasts 14 days or longer.

Acute diarrhea is defined as sudden onset of excessively loose stools of >10ml/kg/day in infants and >200gm/24hrs in older children which lasts <14 days. In chronic diarrhea the episode lasts >14 days¹.

Causes of diarrhea in infants:

An infection caused by a virus, bacteria or parasite; babies can pick up the bacteria and viruses that cause diarrhea through contact with contaminated food or water, or by touching contaminated surfaces and then placing hands into mouths.

Symptoms:

- Abdominal cramping or pain
- Abdominal swelling, bloating or distention
- Fecal incontinence
- Indigestion
- Mucus or undigested food in feces
- Nausea and vomiting

Signs of dehydration in infant:

- Urinating less often than usual (fewer wet diapers).
- Irritability.

- Dry mouth.
- No tears when crying.
- Unusual drowsiness or lethargy.
- Sunken soft spot on the top of the baby's head.
- Skin that isn't as elastic as usual (doesn't spring back when gently pinched and released).
- Sunken eyes.

Breast feeding during diarrhea:

Breastfeeding reduces exposure to contaminated fluids and foods, and contributes to ensuring adequate nutrition and thus non-specific immunity.

Objectives

1. Improve knowledge about causes & management of diarrhea in infants.
2. Improve mother's knowledge about feeding her infant during diarrhea.
3. To assess the knowledge of mothers about management of diarrhea.

METHODOLOGY

RESEARCH DESIGN:

Cross-sectional

Setting:

The Research was conducted at EPI center of OPD and Diarrheal Unit of Pediatrics ward of Teaching Hospital, Dera Ghazi Khan.

Duration:

Research was conducted for duration of 4 months i.e. from 10-04-2017 to 10-08-2017.

Population:

Rural Mothers of infants of age 15-49 years of Dera Ghazi Khan.

Sampling Technique:

Consecutive Sampling Technique.

Sampling Size:

Sample size was 112 .

Inclusion Criteria:

- I. Mothers who belonged to rural union councils of Dera Ghazi Khan.
- II. Who had given the consent.
- III. Women who had an Infant.

Exclusion Criteria:

Statistics Of Age (Years) Distribution

Table-1

| | |
|--------------------|---------|
| N | 112 |
| Mean | 27.2768 |
| Median | 26.0000 |
| Mode | 25.00 |
| Standard Deviation | 5.37798 |
| Variance | 28.923 |
| Range | 27.00 |

- I. Mothers of infants who did not give the consent.
- II. Mothers having no Infant.
- III. Mothers who belonged to the urban areas.

Data Collection:

The Performa contained different variables like age, no. of infants, mother's education, Knowledge about causes of diarrhea, signs of dehydration, Consequences of diarrhea.

Data Analysis:

The data was entered on computer program SPSS version 14.

Results:

| | |
|---------|-------|
| Minimum | 15.00 |
| Maximum | 42.00 |

Table-1 shows that in this study the total number of rural mothers was 112, the mean of their age was 27.2768, median 26.00, mode 25.00, standard deviation 5.37798, variance 28.923, range 27.00, minimum age of mother 15 years & the maximum age 42 years.

What Is Diarrhea?

Table-2

| Variable | Frequency | Percent |
|---------------------|-----------|---------|
| Loose watery stool | 52 | 46.4% |
| Increased frequency | 4 | 3.6% |
| Both | 41 | 36.6% |
| Blood in stool | 2 | 1.8% |
| All three | 4 | 3.6% |
| Don't know | 9 | 8.0% |
| Total | 112 | 100.0% |

Table-2 shows that 46.4% mothers know that diarrhea is loose watery stools.

Knowledge about Signs of Dehydration

Table-3

| Variable | Frequency | Percent |
|-------------------|------------|---------------|
| Sunken eyes | 11 | 9.8% |
| Dry skin | 5 | 4.5% |
| Dec. urine output | 2 | 1.8% |
| Thirst | 10 | 8.9% |
| Weight loss | 18 | 16.1% |
| Comb. of any two | 33 | 29.5% |
| Any three | 12 | 10.7% |
| Any four | 10 | 8.9% |
| All | 1 | 0.9% |
| Don't know | 10 | 8.9% |
| Total | 112 | 100.0% |

Table-3 shows that 29.5% mothers know that signs of dehydration are combination of any of two of the following;

Sunken eyes, Dry skin, Dec. Urine output, Thirst, Weight loss.

When You Will Take Your Child To Doctor?

Table-4

| Variable | Frequency | Percent |
|----------|-----------|---------|
|----------|-----------|---------|

| | | |
|---------------------------------|-----|--------|
| Immediately | 5 | 4.5% |
| When condition is not improving | 46 | 41.1% |
| When child is dehydrated | 49 | 43.8% |
| When Self-medication fails | 3 | 2.7% |
| NO | 9 | 8.0% |
| Total | 112 | 100.0% |

Table-4 shows that 43.8% mothers said that they will take their child to doctor when the child is dehydrated.

Preparation Of ORS

Table-5

| Variable | Frequency | Percent |
|----------|-----------|---------|
| Yes | 81 | 72.3% |

| | | |
|--------------|-----|--------|
| No | 31 | 27.7% |
| Total | 112 | 100.0% |

Table-5 shows that 72.3% mothers know how to prepare ORS.

Diet Preferences

Table-6

| Variable | Frequency | Percent |
|-----------------|-----------|---------|
| ORS | 6 | 5.4% |
| Khichri | 9 | 8.0% |
| Milk | 30 | 26.8% |
| Banana | 1 | 0.9% |
| Yogurt | 1 | 0.9% |
| Rice | 2 | 1.8% |
| Comb.of any two | 37 | 33.0% |
| Any three | 16 | 14.0% |
| Any four | 8 | 7.1% |

| | | |
|--------------|-----|--------|
| All | 2 | 1.8% |
| TOTAL | 112 | 100.0% |

Table-6 shows that 33% mothers use the combination of any two of following in diet of child in diarrhea;

ORS, Khichri, Milk, Banana, Yogurt.

Discussion

Diarrhea is a major cause of illness and death among young children in developing countries. The present Cross-sectional study **Knowledge, Attitude & Practices Of Rural Mothers Of Infants About DIARRHEA** In our study a total of 112 rural mothers were interviewed.

In this study, nearly about 6.3% mothers were less than 20 years of age, 58.9% were between 20-29 years of age, 32.1% were between the ages of 30-39, 2.7% mothers were above 39 of age.

In the present study, 46.4% of mothers had knowledge that diarrhea was loose watery stools, 3.6% said that it was increased frequency, while 36.6% told that it was both of these causes, increased frequency as well as watery stools. According to 1.8% women diarrhea was bloody stool, 3.6% said that it was all of the three. While the remaining 8.0 % didn't know about it. When asked about the causes of diarrhea 24.1% of mothers had knowledge that diarrhea was caused by contaminated water.

In Present study when asked about the signs and symptoms of diarrhea in infants 9.8 % of mothers told that their

infants had sunken eyes, 4.5% said dry skin, 1.8% will have Dec. urine output. 8.9% will have thirst problem. 16.1 % will have weight loss. 8.9% don't know the exact signs of the diarrhea. Nearly about 69.6% of mothers know that consequences of diarrhea are weakness & lethargic state of body.

When mothers were asked when will you take your child to the doctors, 92.9% of mothers said that they consult doctor in case of diarrhea while 7.1% do not consult a doctor. Nearly about 43.8% of mothers said that they always take their child to doctor immediately, while 41.1% mothers said that they take their child to doctor when the child is dehydrated, 2.7% mothers take their child to doctor when self-medication fails. 8% do not take their child to doctor. In another similar study regarding health seeking practices, 52.5% mothers consulted doctor after two days while 30% mothers opted for self-medication.

According to this study when mothers were asked about the diet during diarrhea in infants, we came to know that 33% of mothers used the combination of any two of following in diet ORS, Khichri, Milk, Banana, Yogurt, and Rice. Other study explained that 73% of mothers believed that decreasing food /drink frequency at the time of diarrhea is beneficial for the child . While 26.8% mothers think that drinking milk is a good diet during diarrhea, 0.9% think bananas and yogurt is an essential diet, 8.4% think that eating Khichri is important while

1.8% take only rice as diet during diarrhea, 5.4% take ORS as an essential diet. When the mothers asked about how to make ORS, 72.3% of mothers know how to prepare ORS while 23% don't know.

In this study when the mothers were asked about how they can prevent their infants from diarrhea, 25% of mothers told about boiling the water, covering the food, washing hand, protection of food from flies, keep environment & child clean. While others had no idea of preventive measures.

Conclusion

1. Research showed that most of the mothers lack health seeking behavior about infant's diarrhea due to illiteracy.
2. Most of the mothers had awareness about importance of ORS in diarrhea.
3. Most of the mothers had knowledge about danger signs of diarrhea i.e. sunken eyes, jaundice, lethargy & weakness.
4. Most of the mothers consulted doctor in case of severe diarrhea.
5. Burden of diarrheal diseases had solid association with mother's education.

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