

Effectiveness of Health Education Programme on Knowledge and Practice on Home Care Management of Diarrhoea among Mothers of Under Five Children in Selected Rural Area, Alappuzha, Kerala

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Abstract

A pre experimental one group pre test post test was conducted to assess the effectiveness of health education programme on knowledge and practice on home care management of diarrhoea among 50 mothers of under five children in selected wards of Arattupuzha Panchayat. A structured questionnaire was used to assess the knowledge of the mothers and an observational checklist to assess the practice of ORS preparation. The study results found that majority of mothers had poor knowledge in the areas of signs and symptoms 26(52%) and preparation of ORS 22(44%). The mean post test knowledge score (26.1) is significantly higher than the mean pre test score (13.36), shows the effectiveness of the educational programme ($p < 0.05$). Only 3(6%) had good practice on ORS preparation and the mean post test practice score (8.98) is significantly ($p < 0.05$) higher than the pre test practice score (5.06). Thus the study findings strongly suggest that the health education programme is inevitable to improve the knowledge and practice of the mothers, thereby reducing the child mortality due to dehydration and prevent the occurrences in future.

Keywords: Diarrhoea; Oral Rehydration Solution (ORS); Morbidity.

Main Research Article

Diarrhoeal disease is the second leading cause of death in children under five years, and is responsible for killing 1.5 million children every year [1]. WHO reported that 6.9 million children under five years of age died in 2011, nearly 19,000 children each day and almost 800 every hour [2].

The importance of home management of diarrhoea lies in fact that diarrhoea starts at home, and continues at home on return from being seen at a health facility [3]. Oral rehydration solution is the most effective and least expensive way to manage diarrhoeal dehydration [4]. The ORS can dramatically reduce the number of deaths, particularly during an epidemic and when early

symptoms arise. Delays in rehydrating patients contribute to higher mortality and thus call for early ORS therapy at home [5]. Timely management of the children with ORS has substantially declined the mortality and morbidity from acute infectious diarrhoea [6].

Lack of knowledge of mother on diarrhoeal management is a major hindrance to healthy children in the society. Knowledge on preventive aspects has the greatest impact on health, often related to improving of hygienic practices at house hold level. Unfortunately, faeco-oral transmission accounts for most diarrhoeas. The investigators observed that in a coastal area like Arattupuzha Panchayat, almost every inhabitants practices open field defecation.

Objectives

- Compare the pre test and post test knowledge on home care management of diarrhoea among mothers of under five children.
- Determine the pre-test and post test practice on oral rehydration solution (ORS) preparation among mothers of under five children.
- Find the association between the knowledge and selected demographic variables among mothers of under five children.
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Review of Literature

Diarrheal disease is a major cause of morbidity and mortality among under-fives especially in rural and peri-urban communities in developing countries. Home management of diarrhoea is one of the key household practices targeted for enhancement in the Community Integrated Management of Childhood Illness(C-IMCI) strategy [7].

A study conducted by Nilambar Jha, Rupa Singh, Dharinadhar Baral [8] to assess the knowledge, attitude and practices of the mothers regarding home management of acute diarrhoea in their children. The study shows that majority (97.6%) of the mother had information about ORS and also its usefulness in the management of dehydration due to diarrhoea. Half of the mothers (50%) could make ORS properly and gave ORS to their children ideally. The correct preparation and ideal use of ORS have not reached in proper way to the mothers.

A study was conducted by Yilgwan CS, Okolo SN [9] to examine the diarrheal morbidity and associated risk factors in children under five years in Jos teaching hospital, Nigeria. It reveals that among 13,076

children 340 were suffering from diarrhoea, thus giving a prevalence of 2.7%. A majority of children were aged less than six months and also reveals that mothers educational status, diarrhoea in other sibling, and breast feeding were significantly associated with the occurrence of diarrhoea.

Research Methodology

The research design used was pre experimental one group pre-test post-test design. The study was conducted among 50 mothers of under five children from first and seventh wards of Arattupuzha panchayat. The data collection period was five weeks. The subjects were selected using convenience sampling technique based on sample selection criteria. A structured questionnaire was used to assess the knowledge of mothers regarding home care management of diarrhoea and an observational checklist was used to assess the practices of mothers on oral rehydration solution preparation.

Results

1. The mean post test knowledge score (26.1) is significantly ($p < 0.05$) higher than the mean pre test score (13.36), so the null hypotheses is rejected and alternative hypotheses accepted. It proves the health education programme is effective.
2. The mean post test practice score (8.98) is significantly ($p < 0.005$) higher than the pre test practice score (5.06).
3. There is significant association between Knowledge and demographic variables of education and occupation ($p < 0.05$).
4. There is significant association between the Practice and demographic variable of education of the mothers ($p < 0.05$).

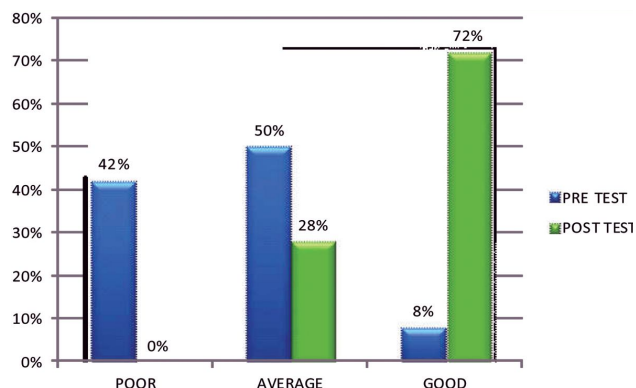


Fig. 1: Comparison of the pre test and post test knowledge of mothers on home care management of diarrhoea.

Discussion

Similar study conducted by Normal Gogoi [10] to assess the effectiveness of self instructional module on home management of diarrhoea among mothers of under five children. It shows that majority of mothers 28(70%) had minimal knowledge, 12(30%) had moderate knowledge and no one had higher knowledge in pre test. Whereas after the educational intervention majority of mothers 23(57.5%) had moderate and 17(42.5%) of mothers had adequate knowledge. The mean post test knowledge score (72.6%) was higher than the mean pre test knowledge score (46.8%).

Another similar study conducted in rural Aligarh by Shah MS¹¹ et al. to assess the knowledge, practice and attitude of mothers regarding home based management of diarrhoea in under five children. It shows the overall prevalence of diarrhoea was 32%. Only 26% knew about the right method of preparation of oral rehydration solution and only 36% of them knew about use of home available fluids, out of which salt sugar solution was the choice in majority of cases.

Implications

Nursing Administration

The finding of the present study indicate there is lack of knowledge among mothers regarding home care management of diarrhoea and that can be improve with an educational programs. So the nurses can plan effective in-service and health education programs for specific hospitals and community. Further, this will enable them to prioritize and focus their nursing care activities based on the needs of the society.

Nursing Education

Nurses as educationalist can plan health education programs for various nursing personnel in the hospital as well as community. This will enable the nurse educator to identify the changing learning needs of the society as an educationalist and contribute for the curriculum development and preparation in nursing as well as non-nursing field.

Nursing Service

Nursing profession has been developing faster in a unique way. The major change that has occurred

in the profession is expansion in the role of nurses. One of the major roles of the nurse is educating the patients and community regarding various health related facts. Majority of the mothers are not able to take care of the child with diarrhoea because of lack of awareness. So the investigators felt the need that nurses should act a facilitator to educate the mothers regarding home care management of diarrhoea in their regular schedule and practice.

Nursing Research

The researchers can carry out studies to identify cost effective ways for dissemination of health information to the public and test its effectiveness regarding reduction, mortality and morbidity due to diarrhoea in selected settings. This study will also enable them to identify and focus on specific areas for conduction of further studies. This research findings helps to plan new interventional strategies for the mothers to develop self efficacy of home care management of diarrhoea.

Conclusion

The study findings strongly suggest that the health education programme is inevitable to improve the knowledge and practice of the mothers, thereby reducing the child mortality morbidity due to dehydration. Obviously, there is no alternative in the preliminary care that can defeat health education in the process of imparting knowledge and information on home care management. This study armed many mothers in their battlefield to save the lives of their children from the dreadful hands of diarrhoeal diseases. The researchers suggest current issues such as Dengue fever, Bird Flu, Malnutrition can be do on mass health education where the women education is neglected, atleast they can aware the importances in prevention itself.

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