Journal of Saidu Medical College 2014; 4(2)

KAP STUDY ON CONTROL OF DIARRHEAL DISEASES AMONG MOTHERS OF UNDER FIVE CHILDREN IN DISTRICT CHARSADDA

ZIA UR REHMAN[1], IMRANULLAH[1], KASHIF UR REHMAN KHALIL[1], HARIS ZIA[2], LAILA ZIA[3], MUHAMMAD AMJAD[1], MUHAMMAD ISHTIAQ[1], BUSHRA IFTIKHAR[1]

1. Department of Community Medicine, Khyber Medical College, Peshawar
2. Sardar Begam Medical College Peshawar
3. Rehman Medical College Peshawar

ABSTRACT

BACKGROUND: Large number of children dies in the developing countries due to diarrheal diseases and malnutrition. Thus everyday thousands of children die of diarrhea and water related diseases; therefore this study was carried to highlight diarrhea problem and thus contribute effectively to prevent mortality and morbidity.

OBJECTIVES: To assess knowledge, attitude and practice on control of diarrheal diseases among mothers of District Nowshera.

MATERIAL AND METHODS: A cross-sectional study was carried in March-July 2012, in which 600 mothers of District Nowshera were assessed regarding knowledge, attitude and practice on control of diarrheal diseases by means of structured questionnaire having both open and close ended questions.

RESULTS: The results showed that approximately 75% mothers had good knowledge, 82% had positive attitude and 80% practices various control & management measures; 60% mothers had knowledge about sugar salt solution; 70% has positive attitude and 55% practices effective methods, 74% mothers had good knowledge of oral rehydration salt, 85% has positive attitude and 80% practices effective methods.

CONCLUSIONS: It was concluded that knowledge of mothers regarding control of diarrheal diseases is appreciative, attitude is also quite satisfactory and practice of mothers is influenced by joint family system. Besides these, the r ain factors responsible for the positive attitude of mothers regarding control of diarrheal diseases are fair monthly income, proper food preservation, small family size and vaccination status. Education of mothers regarding importance of hygiene status, breast feeding, hazards of bottle feeding, the adequate use of ORS, and health education materials plays a significant role regarding control of diarrheal diseases.

KEY WORDS: Knowledge, Attitude, Practice, Diarrhea, Mothers, Children, Oral Rehydration Salt,Weaning, Breast Feeding, Nowshera.

INTRODUCTION

Annually approximately 1.8 million children die from the direct effect of diarrheal diseases and malnutrition. It is estimated that annually approximately 13 million children under 5 years die in developing countries mostly from associated effects of malnutrition and infection[1]. The probability of diarrheal infection is estimated that for each child would be at least 3.2 times a year and in some developing countries with a lower level of health conditions is increased up to 9 cases and thus acute infectious diarrhea remains the leading cause of deaths among young children especially under 1 year of age[2]. Besides contaminated water, contamination of food also plays an important role in etiology of diarrhea. The chances of food contamination become higher especially in lower socioeconomic setup due to unsatisfactory environmental conditions, poor hand washing practices and personal hygiene, poor quality and insufficient water supplies, unhygienic preparation, storage and feeding of food [3].

In Rashid et al study 77.4% mothers knew that ORS is a rehydrating solution and 62.5% knew the proper method of preparation of ORS solution while 37.5% were unable to tell the right way to prepare ORS [4]. In another study conducted at Sheikh Zayed, Lahore and showed that 76.9% mothers were in favor of the use of ORS in diarrhea[5]. A study was conducted which showed that 62.5% knew the proper method of preparation of ORS sachet pack, while 37.5% were unable to tell the right way of preparing it[6]. In another study conducted in Indonesia showed that only 23.7% of mothers were found to have correctly prepared ORS, and none exhibited fully correct administration practices. A study conducted by Muhammad Shahid Iqbal et al found that only 69.3% reported accurate knowledge of ORS preparation, only 7.9% of mothers had got accurate knowledge of preparation of sugar salt solution, 83.6% of mothers continued breast feeding during diarrhea while 16.4% of mothers either decreased or stopped it completely[7].

In Pakistan 400,000 children die before reaching the age of 5 years due to diarrhea and pneumonia[8]. Every day, about 1,100 Pakistani children under the age of 5 years die of diarrhea and diseases related to water, sanitation and hygiene[9]. In Pakistan, diarrhea is rated as the No.1 killer of children accounting for about 25,000 deaths and unimaginable morbidity[10].

Large number of children dies in Pakistan due to diarrhea and water related diseases; so this study was carried to assess knowledge, attitude and practice on control of diarrheal diseases among mothers of District Nowshera, to highlight the problem of diarrhea and to prevent mortality and morbidity related to diarrhea effectively.

METHODOLOGY

This cross-sectional study was carried out among 600 mothers of District Nowshera, using stratified sampling technique. The inclusion criterion was being that there was at least one child of less than five years of age in that house.

A two days pilot study was conducted in areas other than study areas to check the efficiency of the study interview sheet and then finally the mothers were interviewed using a structured questionnaire having both open and close ended questions so assess for knowledge, attitude and practice of mothers regarding control and management of diarrhea

RESULTS

The results of knowledge, attitude and practice of mothers regarding diarrheal diseases control and management was shown in Table No. 1.

Table No 1. Knowledge, Attitude & Practice of Mothers Regarding Control & Management of Diarrhea in District Nowshera 2012

Assessment of	Variable	Know	Don't Know
Knowledge of Mothers	Control & Management of Diarrhea	450	150
	Sugar Salt Solution	360	240
	Oral Rehydration Salt	444	156
	Variable	**Positive**	**Negative**
Attitude of Mothers	Control & Management of Diarrhea	492	108
	Sugar Salt Solution	420	180
	Oral Rehydration Salt	510	90
	Variable	**Practice**	**Not Practice**
Practices of Mothers	Control & Management of Diarrhea	480	120
	Sugar Salt Solution	330	270
	Oral Rehydration Salt	480	120

DISCUSSION

The main results of our study showed that approximately 75% mothers had good knowledge, 82% had positive attitude and 80% practices various control & management measures regarding control and management of

diarrhea. 60% mothers had knowledge about sugar salt solution; 70% has positive attitude and 55% practices effective methods; 74% mothers had good knowledge of oral rehydration salt, 85% has positive attitude and 80% practices effective methods as shown in Table No 1.

In this study about 55% mothers knew how to prepare sugar salt solution, 80% mothers knew and gave ORS solution to their child, while in Rashid et al study 77.4% mothers knew that ORS is a rehydrating solution and 62.5% knew the proper method of preparation of ORS solution and 37.5% were unable to tell the right way of preparing ORS solution [4]. Similarly in another study conducted by Shannon et al in a rural village of West Java, Indonesia found that only 23.7% of mothers correctly prepared ORS, and none exhibited fully correct administration practices[11]. Similarly in another study conducted by Shahid et al found that only 69.3% reported accurate knowledge of ORS preparation and only 7.9% of mothers had got accurate knowledge of preparation of sugar salt solution [7].

From this study it was concluded that knowledge of mothers regarding control of diarrheal diseases is appreciative. The attitude of mothers regarding control of diarrheal diseases is also quite satisfactory. Attitude of mothers regarding breast feeding and weaning diet is influenced by joint family system. Most of the mothers living in joint family system continue breast feeding but stop the weaning diet during diarrhea and in a study conducted at Lahore also showed that 76.9 % mothers were in favor of ORS use during diarrhea [5].

CONCLUSIONS & RECO MMENDATIONS

From the study results it was concluded that the knowledge, attitude and practice of mothers regarding diarrheal diseases control and management was adequate among the mothers of under five year age children. Moreover the high prevalence of diarrheal diseases among under five years children may be due to mothers illiteracy, social hygiene status, breast and bottle feeding practices, and finally improper drainage system and waste disposal. Moreover, improvement of health services, encouragement of the health staff supports and effective changes regarding public education were needed to contribute in prevention and control of various diarrheal diseases among under five years children.

REFRENCES

1. Moterjemi Y. Research priorities on safety of complementary feeding 2000; 1304-1305.
2. Bhan MK, Bhandari N, Sazawal. Descriptive epidemiology of persistent diarrhea among growing children in rural areas, WHO, (2002).
3. Luby S, Agboatwalk M, Raza A. A low cost intervention for cleaning drinking water in Pakistan. Int J infect Dis 2001; 5; 144-150.
4. Jinnah Hospital, Lahore. Ann King Edward Med Coll Jan - Mar 2005; 11(1):10-3.
5. Sheikh Zayed Hospital, Lahore. Pak Paed J Mar 2002; 23(1):5-7.
6. Junaid Rashid, Mohammad Khalil, Mohammad Umar Shehzad, Muneeda, Natiq, Mallk M Nadir Khan. Jinnah Hospital, Lahore, Ann King Edward Med Coll Jan - Mar 2005; 11(1):10-3.
7. Muhammad Shahid Iqbal, Sahibzada Azhar Mujib, Muhammad Fayyaz Atif, Shahid Mahmud, Muhammad Azhar Ul Haq, Abdul Jamil Chaudhry. Lahore. Pak Paed J Dec 2002; 22(4):149-52.
8. UNICEF. The state of the world's children, 2008.
9. UNICEF. News, May 5, 2008.
10. The NEWS, October 15, 2008.
11. Shannon E. Macdonald, Donna G. Moralejo, M. Kathleen Matthews. West Java, Indonesia, 2005-2006.

Corresponding address:
Dr Muhammad Ishtiaq
Assistant Professor
Department of Community Medicine,
Khyber Medical College, Peshawar
0334-9121822, drishtiaq250@yahoo.com