

**MOTHERS KNOWLEDGE REGARDING PREVENTION & HOME
MANAGEMENT OF DIARRHOEA AMONG UNDERFIVE CHILDREN**

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ABSTRACT

BACKGROUND OF THE STUDY: Diarrhoea remains the second leading cause of death among children under five globally. It affects more young children especially underfive children than AIDS. It can be prevented by simple home remedies using oral rehydration therapy. Mothers play a vital role in its management and prevention of diarrhoea.

AIM OF THE STUDY: The researcher aimed to assess the mothers knowledge regarding prevention and home management of diarrhoea among underfive children.

MATERIAL & METHODS: A descriptive study was conducted in selected villages. The sample consisted of 50 mothers of underfive children and they were identified by convenience sampling technique. Structure knowledge questionnaire was administered to assess the knowledge of mothers. The collected data was analyzed by descriptive and inferential statistics.

RESULTS: The study findings revealed that there was an association between demographic variables and existing knowledge of the mothers. Among 50 mothers of underfive children 43 (86%) inadequate knowledge and 05 mothers (10%) had moderately adequate knowledge and 02 (4%) mothers had adequate knowledge.

CONCLUSION: we conclude that from the entire five variables from that one is significantly associated with pre-test knowledge score with their demographic variable with associate hence the hypothesis (H1) is rejected.

KEYWORDS: Knowledge, Home management, Diarrhoea, underfive children

INTRODUCTION

Diarrhoea is defined as passage of loose or watery stools at least three times per day, or more frequently than normal for an individual. Frequent passing of formed stools is not diarrhoea. Babies fed only breast milk often pass loose, “pasty” stools; this also is not diarrhoea. Mothers can usually determine when their children have diarrhoea. Each year, an estimated 2.5 billion cases of diarrhoea occur among children under five years of age, and estimates suggest that overall incidence has remained relatively stable over the past two decades, more than half of these cases are in Africa and South Asia, where bouts of diarrhoea are more likely to result in death or other severe outcomes¹.

Mothers' basic knowledge about diarrhoea depends on various factors such as educational status, prior experience of managing the disease and even ethnicity. Studies in the literature show that though most of the mothers were familiar with the term oral rehydration salt (ORS), there were knowledge gaps as regards its correct preparation and administration².

The signs of dehydration due to diarrhoea remain unnoticed by the majority of the mothers. There are certain fluids which are beneficial to give during diarrhoea but most mothers in a rural community in Kenya were unaware of most of these mothers' knowledge about diarrhoea can be improved through educational interventions but written information only is not enough. It is more effective if pictorials and demonstrations are included along with written material³.

OBJECTIVES OF THE STUDY

- Assess the existing knowledge of mothers of underfive children's regarding management of diarrhoea
- Find out the association between knowledge regarding prevention and management of Diarrhoea with selected demo-graphic variable among mothers of under five children.

MATERIAL & METHODS

The researcher conducted a descriptive research with quantitative approach. The samples were 50 mothers of underfive children from selected village. Convenience sam,pling

technique was used to recruit the samples. The samples were administered self structured knowledge questionnaire after obtaining informed consent from the mothers. The tool consists of two sections. Section A: Socio-demographic data that included the items seeking information related to age, educational status, socioeconomic status, occupation of parents, number of children in the family. Section 2: Self-administer knowledge questioner is used to assess the knowledge regarding prevention and management of diarrhoea among mothers of under 5 children. Questionnaire comprised of 30 questions and arbitrarily divided into 3 categories.

- Adequate knowledge >66%
- Moderately adequate knowledge 35%-66%
- Inadequate knowledge <35%

RESULTS

SECTION 1 – Frequency & percentage distribution of samples

Sr. No	Variable	Frequency (f)	Percentage (%)
1.	Age(in years)		
	20-25years	23	46%
	25-30 year	27	54%
	25-30year	00	00%
	35-4-year	00	00%
2.	Educational status of mother		
	No formal education	11	22%
	Primary education	25	50%
	secondary education	14	28%
	Graduate and above	00	00%
3.	Occupational status		
	Unemployed	48	96%

	Health worker	00	00%
	Any other	02	04%
4.	Family income		
	Below 5000 Rs	39	78%
	5000-10,000 Rs	10	20%
	10,000-15,000 Rs	01	02%
	Above 15,000 Rs	00	00%
5	Number of children		
	One	08	16%
	Two	42	84%
	Three	00	00%
	More than three	00	00%

Table 1 show that 54% samples were aged between 25 – 30 years old and majority (50%) samples had primary education. It was found that 48 mothers were unemployed and 78% mothers family income was less than Rs.5000/-

SECTION 2: Assessment of Knowledge Regarding Diarrhoea

Sr No	Content	Total Knowledge Question	Mean	Mean Score %	SD
1.	General concepts	3	2.02	67.33	0.61
2.	Incidence & Causes	7	4.48	64	1.35
3	Signs Symptoms	5	1.34	26.8	0.86

4.	Diagnostic evaluation	11	3.48	31.63	1.71
5	Home treatment & Prevention	4	2.14	53.5	0.85
	Total	30	13.46	44.86%	2.33s

Table -2: Reveals that Introduction of diarrheal 3 items had a mean of with a standard deviation of 0.61 and mean% of 67.33%. Causes with 7 items had a mean of 4.48 with a standard deviation of 1.35 and mean% 64 %. and Signs and symptoms 5 item had a mean 1.34 and standard deviation of 0.86 and mean % of 26.8 and Management of 11 item had of 3.48 and standard deviation 1.71 and 31.63 mean % and prevention of 2.14 with mean and standard deviation of 0.85 and mean % of 53.5

SECTION 3

Association between Demographic Variables of Mother Of Under With Their Knowledge

The socio demographic variables of the mothers of underfive children depicted significant association with their knowledge level. Hence

DISCUSSION

The present study revealed that among 50 mothers of underfive children 43 (86%) inadequate knowledge and 05 mothers (10%) had moderately adequate knowledge and 02 (4%) mothers had adequate knowledge. Further, there was a significant Dos Santos YF et al (2015) conducted a cross-sectional study among caregivers of 213 children aged underfive years. The caregivers believed that breastfeeding until age 6 months, not using tap water for food preparation, vaccination against rotavirus and other diseases help prevent diarrhoea. Regarding treatment, caregivers reported taking children to the hospital at the first sign of diarrhoea (57.3%), administering medication (68.1%) and withholding solids (63.7%). Only 40.8% knew how to prepare oral rehydration solution; 78.4% believed it could cure diarrhoea. Only 43.9% of caregivers mentioned one or more signs of dehydration.

The recommendations given by Thiam S, Sy I, Schindler C, et al (2019) on a cross-sectional survey conducted among Mothers and caregivers of children under the age of 5 years were interviewed to determine their levels of knowledge and management practice of diarrhoea found that, diarrhoea management practices do not correspond with international recommendations, even when mothers and caregivers visit government health facilities. There was a need to develop and implement communication strategies for health care providers' and the mothers and caregivers in order to facilitate sustainable positive change in the management of childhood diarrhoea at the community level.

Workie HM, Sharifabdilahi AS, Addis EM (2018) study found that, around two-thirds (65.2%) of them had good knowledge, but more than half of mothers (54.9%) had a negative attitude towards home-based management and prevention of diarrhoea among under-five children. Regarding the attitude of the mothers, 58% had poor practice towards home-based management and prevention of diarrhoea among under-five children. The study findings showed that the attitude and practice of mothers were unsatisfactory about the prevention and home-based management of under-five diarrheal diseases. Therefore, Health education, dissemination of information, and community conversation should plan and implement to create a positive attitude and practice towards the better prevention and management of under 5 diarrheal diseases.

Similar cross sectional study conducted by Dhingra D (2018) on 280 mothers with children aged 2-59 months with acute watery diarrhoea at a tertiary hospital. They found that One-fifth of respondents were illiterate and only one-third of mother's pre-treated water to make it drinkable. Only 50.4% and 55.2% mothers knew the correct method of Oral Rehydration Solution (ORS) preparation and administration, respectively. Lack of adequate maternal knowledge and practices concerning childhood diarrhoea highlights the need for patient counselling and education, especially among the illiterate in India.

A cross-sectional survey by Mukhtar A, Mohamed Izham MI, Pathiyil RS (2011) used a self-designed and pretested structured questionnaire to gather data on mothers' knowledge about childhood diarrhoea. Mothers had some basic knowledge about the prevention of diarrhoea, and fluids/foods which can or cannot be given during bouts of diarrhoea. Knowledge about signs of dehydration was poor. None of the mothers were able to mention all the steps for

correct and complete preparation of oral rehydration salt (ORS) and salt-sugar-water (SSW) solutions. Only 8.5% of the mothers stated that the purpose of giving ORS solution during diarrhoea is to prevent the child from getting dehydrated. Knowledge about signs of dehydration and the management approaches of diarrhoea at home was poor. They concluded that there was a need for public health educational interventions.

Sillah F, Ho HJ, Chao JC (2013) conducted a study among four hundred mothers with children who have diarrhoea and are under the age of 5 y were randomly recruited. The study findings revealed that the mothers had high knowledge scores in the management of diarrhoea, but use of oral rehydration solution was low among children with diarrhoea under the age of five years in the Gambia.

CONCLUSION

Diarrhoea is a leading cause of death in underfive children. Illiteracy and poor socioeconomic status and poor hygienic practices are the major causes of diarrhoea. Parents especially mothers have to be made aware about diarrhoea and its home management. In spite of numerous government initiatives and programmes available in the country it is now understood that still there is a need of intense mass health awareness among the common public.

Ethical clearance

The study was conducted after obtaining written consent from the participants and formal approval from the institutional ethics committee.

Conflict of interest

The author declares that there is no conflict of interest to disclose.

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