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ABSTRACT

This study was done to identify the home health care practices that rural mothers would adopt in prevention and home management of diarrhoea and acute respiratory tract infections among children less than three years.

A descriptive cross sectional design was used. Data on current and intended care practices of rural mothers was obtained by using a pretested interviewer- administered questionnaire.

The study was carried out in MOH area Kalawana and the study population was mothers with children 0-3 years age group.

The results of the study suggested that most rural mothers in this MOH area had positive practices that need strengthening such as exclusive breast feeding for four months, breast feeding during illnesses, correct disposal of the stools of the young children, hand washing practices of mothers before feeding the child, taking the child for immunization regularly, and good health seeking behaviours of mothers in relation to diarrhoea and acute respiratory tract infections.

Some negative practices were identified regarding, formula feeding using feeding bottles instead of cup and spoon, not washing hands of the child before feeding and not keeping food covered to prevent contamination which have to be improved by health promotion programmes. Even the intended practices of feeding during and after diarrhoeal episode were found to be unsatisfactory.

Practices of mothers on home management of acute respiratory tract infections especially management of cough and cold, ear pain or ear discharge was found to be less satisfactory and their practices on prevention of acute respiratory tract infections was also poor.

It is recommended to strengthen the country child health programme to reinforce the positive care practices while correcting the negative practices identified in order to reduce morbidity & mortality due to diarrhea & acute respiratory tract infections.



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