

ORIGINAL ARTICLE

“Effectiveness Of Structured Teaching Program On Knowledge Regarding Home Management Of Upper Respiratory Tract Infection In Under Five Children Among The Mothers Of Under Five Children Admitted At Krishna Hospital Karad.”

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ABSTRACT

Background: -India has 440 million children. About 27 million children are born each year in India. But nearly 2 million of them do not live to the age of 5. Upper respiratory infections are leading cause of child mortality (30%) in India.¹.WHO report stated that children below five years of age suffer about 5 episodes of URTI per child per year. URTI is responsible for about 30-40% of visits to health care facilities and for about 20-40% admission to hospitals.The proportions of death due to respiratory infection in the community is much higher as many children die at home²

Methodology:-Quasi experimental (one group pre post, post testdesign)was used with evaluative approach among 50 subjects by Using simple random sampling Technique.Permission taken from ethical committee and concern authority of the institute andbefore collection of the data informed consent taken from mothers. Data were collected from mothers by using knowledge questionnaire on demographic data and Home Management Of Upper Respiratory Tract Infection In Under Five Children.Collected data were analyzed by using descriptive and inferential statistics.

Result :- Result reveals thatknowledge regarding upper respiratory tract infection among the mothers of under five children is . 76% mothers had average level of knowledge regarding

URTI. 24% had good level of knowledge regarding URTI and no one is having poor level of knowledge regarding URTI.

Conclusion :-

Keywords :- STP, Knowledge, URTI, Mothers, Under Five Children

Introduction:-

Respiratory diseases are very often found in children's especially respiratory infections. It is one of the leading cause of mortality and morbidity in young children. India has 440 million children. About 27 million children are born each year in India. But nearly 2 million of them do not live to the age of 5. Upper respiratory infections are leading cause of child mortality (30%) in India.¹

WHO report stated that children below five years of age suffer about 5 episodes of URTI per child per year. URTI is responsible for about 30-40% of visits to health care facilities and for about 20-40% admission to hospitals. The proportions of death due to respiratory infection in the community is much higher as many children die at home²

Under five children are risky population to get upper respiratory tract infection due to lack of immune power. The need immediate and prompt Treatment to prevent lower respiratory tract infection. Upper respiratory tract infection to children includes common cold, Rhinitis, Sinusitis, Nasopharyngitis, Epiglottitis, Laryngitis, Tracheitis, Laryngotracheitis, The important risk factor associated with respiratory diseases include malnutrition, low birth weight, climatic variations, overcrowding house, air pollution, poor ventilation and lack of environmental sanitation.

The domiciliary management of children with respiratory infection consist of complete bed rest, increased fluid intake will help to keep throat and lining of nose moist, saline nose drop may be used to relieve congestion and obstruction in the nose, and use of home remedies for cough and cold. Ex :Tulsi, Honey, Zinger, Hot drinks, etc. Warm or cool steam used near the child's bed may prevent or relieves the laryngeal spasm and cough and essential to maintenance of warm well ventilated environment.

The preventive measures of respiratory infections includes hygienic practices related to personal and environmental hygiene, appropriatedisposal of respiratory secretions, isolation is infected patients, maintenance of nutritional status, immunization to be completed as per schedule and special protection of children during weather variations to prevent cold.³

Prevention of spread of infection is very important in under-five children, careful hand washing is carried out when caring for children with respiratory infections.. Under-five with respiratory infection is irritable and difficult to comfort therefore, the family needs support, encouragement and practical suggestions concerning comfort measures and administration of medication.³

1.Title of the study:-“A Study To Assess The Effectiveness Of Structured Teaching Program On Knowledge Regarding Home Management Of Upper Respiratory Tract Infecton In Under Five Children Among The Mothers Of Under Five Children Admitted At Krishna Hospital Karad.”

2..Objectives:-

1.To Assess The Knowledge Of Mother’s Regarding Home Management Of Upper Respiratory Tract Infection before and after STP.

2.To Provide Structure teaching program On Knowledge Regarding Home Management Of Upper Respiratory Tract Infection To Mothers of Under Five Children.

3.To Find And Association Between Pretest Knowledge Of Mother’s Regarding Home Management Of Upper respiratory tract infection With Selected hospital area

3.Material and methods:-

Quasi experimental (one group pre post, post testdesign) was used with evaluative approach among 50 mothers of under five children by Using simple random sampling Technique.Permission taken from ethical committee and concern authority of the institute .before collection of the data written consent was taken from the mother by giving proper explanation and assuring confidentiality.the data collection were started by using questionnaire section-A on demographic data of children and Section-II.containing questionnaire onHome Management Of Upper Respiratory Tract Infecton In Under Five Children. STP is given to mothers on Home Management Of Upper Respiratory Tract Infecton and then assessed post test knowledge. Collected data were analyzed by using descriptive and inferential statistics.

4.Result :-**Table 1: Frequency and Percentage Analysis of Demographic Variables**

Sr. No.	Socio- demographic Variable	No.	%
1	Age of mother		
	15yr to 20yr	4	8.00
	21yr to 25yr	26	52.00
	26yr to 30yr	16	32.00
	Above 30yr	4	8.00
2	Education of mother		
	Illiterate	7	14.00
	Primary	15	30.00
	Secondary	23	46.00
	Higher secondary	5	10.00
3	Occupation		
	House wife	3	6.00
	Farmer	4	8.00
	Service in private sector	39	78.00
	Bussiness	4	8.00
4	Type of family		
	Joint family	24	48.00
	Nuclear family	26	52.00
5	Monthly income of family		
	≤ Rs.2000	18	36.00
	Rs.2001 to Rs.5000	17	34.00
	Rs.5001 to Rs.10000	10	20.00
	> Rs.10000	5	10.00
6	Immunization		
	Yes	100	100.00
	No	0	0.00
7	Proper ventilation is present at home		
	Yes	49	98.00
	No	1	2.00
8	How many times your child get infected by upper respiratory tract infection in past 6 months?		
	One time	30	60.00
	Two time	18	36.00
	Three time	2	4.00
	More than three time	0	0.00
9	Diet		
	Mixed	30	60.00
	Vegetarian	6	12.00

	Non - veg	3	6.00
	All of the above	11	22.00
10	Number of under five children in family		
	One	21	42.00
	Two	17	34.00
	Three	11	22.00
	More than five	1	2.00

Fig 11: Simple Cone Diagram Representing Mean Percentage of the Knowledge of Mothers regarding the home management of URTI under five child before and after administering The Structured teaching programme

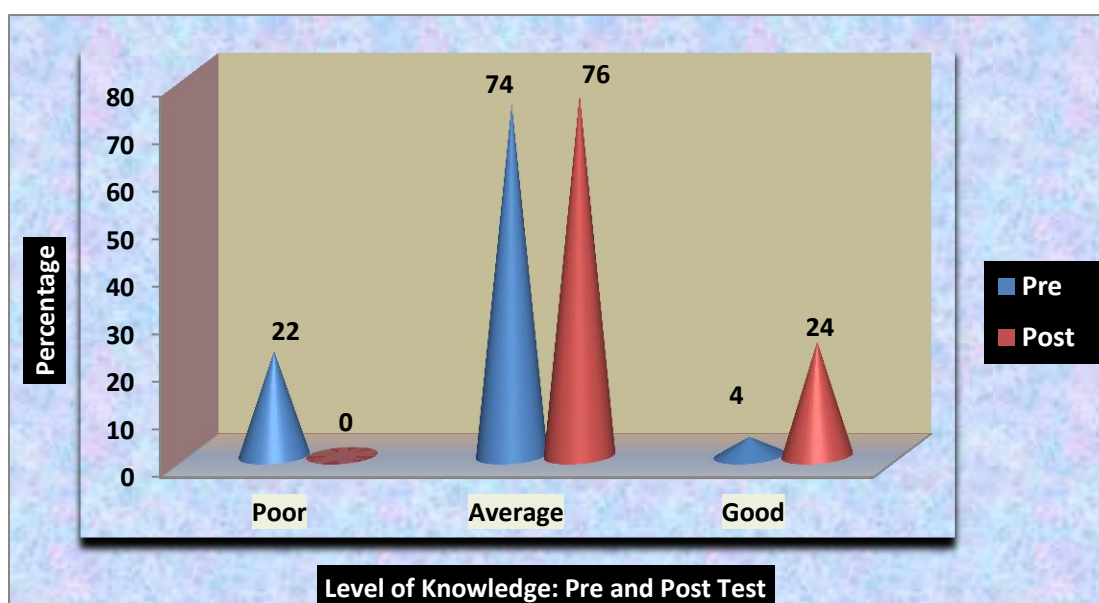


Table 5: Determining the Difference in Knowledge of the mothers of under five children admitted in K. H. Karad regarding home management of under five child

Mean	Pre test		Post test			Mean gain percentage	t statistic	p- value
	Mean Percentage	SD	Mean	Mean Percentage	SD			
9.54	47.70	2.49	12.92	64.60	2.23	16.90	14.92	<0.0001

The Table.5 depicts the mean and standard deviation of knowledge score obtained before and after the administration of the structured teaching programme. This is considered to be extremely

significant, indicate significant improvement in knowledge regarding home management of under five child.

Table 6: Association between Demographic Variables and Pre-Test Knowledge Score Level of the mothers of under five children admitted in K. H. Karad on home management of under five child

Sr. No.	Socio- demographic Variable	No. %		Pre Test Knowledge						Chi Square	P- value
				Poor		Average		Good			
				No.	%	No.	%	No.	%		
1	Age of mother										
	15yr to 20yr	4	8	0	0.00	4	100.00	0	0.00	6.218	0.39 NS
	21yr to 25yr	26	52	6	23.08	17	65.38	3	11.54		
	26yr to 30yr	16	32	5	31.25	11	68.75	0	0.00		
Above 30yr	4	8	0	0.00	4	100.00	0	0.00			
2	Education of mother										
	Illiterate	7	14	3	42.86	4	57.14	0	0.00	15.99	0.01 S*
	Primary	15	30	5	33.33	10	66.67	0	0.00		
	Secondary	23	46	3	13.04	19	82.61	1	4.35		
Higher secondary	5	10	0	0.00	3	60.00	2	40.00			
3	Occupation										
	House wife	3	6	0	0.00	3	100.00	0	0.00	6.9	0.33 NS
	Farmer	4	8	0	0.00	3	75.00	1	25.00		
	Service in private sector	39	78	11	28.21	26	66.67	2	5.13		
Bussiness	4	8	0	0.00	4	100.00	0	0.00			
4	Type of family										
	Joint family	24	48	1	4.17	20	83.33	3	12.50	11.98	0.01 S*
Nuclear family	26	52	10	38.46	15	57.69	0	0.00			
5	Monthly income of family										
	≤ Rs.2000	18	36	7	38.89	8	44.44	2	11.11	13.39	0.03 S*
	Rs.2001 to Rs.5000	17	34	4	23.53	13	76.47	0	0.00		
	Rs.5001 to Rs.10000	10	20	0	0.00	10	100.00	0	0.00		
> Rs.10000	5	10	0	0.00	4	80.00	1	20.00			
6	Proper ventilation is present at home										
	Yes	49	98	11	22.45	35	71.43	3	6.12	0.81	0.67 NS
No	1	2	0	0.00	1	100.00	0	0.00			
7	How many times your child get infected by upper respiratory tract infection in past 6 months?										

	One time	29	58	7	24.14	21	72.41	1	3.45	2.43	0.00 S*
	Two time	18	36	2	11.11	15	83.33	1	5.56		
	Three time	2	4	2	100.00	0	0.00	0	0.00		
	>Three time	1	2	0	0.00	0	0.00	1	100.00		
8	Diet										
	Mixed	30	60	10	33.33	19	63.33	0	0.00	15.55	0.01 S*
	Vegetarian	6	12	1	16.67	5	83.33	0	0.00		
	Non - veg	3	6	0	0.00	3	100.00	0	0.00		
All of the above	11	22	0	0.00	9	81.82	3	27.27			
9	Number of under five children in family										
	One	21	42	2	9.52	16	76.19	3	14.29	14.55	0.02 S*
	Two	17	34	3	17.65	15	88.24	0	0.00		
	Three	11	22	6	54.55	4	36.36	0	0.00		
More than five	1	2	0	0.00	1	100.00	0	0.00			

N.S- Not significant S- Significant at P<0.05level

Table.6 shows the association of knowledge level of the mothers of under five children with their selected demographical variables, using Chi –square test. The analysis revealed that there is no association could found with age of mothers, occupation of mothers and proper ventilation at home ($p>0.05$). Significant association was found with other demographic variables namely education of mother, type of family m monthly income of family, no. of times infected, diet and no. of under five children with pre test score ($p<0.05$).

5. Discussion:-

In the present study majority 26 mothers (52%) of under five children were in the age group of 21-25 years, majority mothers (46%) of under five children were completed their education upto secondary, majority, 39 mothers (78%) mothers were Service in private sector, , majority 18 mothers (36%) were belonging to below \leq Rs.2000rupee/month, majority 26 mothers (52%) were living in nuclear family, majority 21 mothers (42%) were having one children, majority 30 (60%) have child get infected by upper respiratory tract infection in past 6 months.

Similarly the study conducted by Kumar P.result reveals that majority 27 mothers (45%) of under five children were in the age group of 21-25 years, majority 16 mothers (26.67%) of under five children were educated at degree level, majority, 54 mothers (90%) mothers were housewife, majority 37 mothers (61.67%) were living in rural area, majority 37 mothers (61.67%) were belonging to below 10,000 rupee/month, majority

36 mothers (60%) were living in nuclear family, majority 26 mothers (43.33%) were having one children, majority 48 mothers (80%) were given vaccines completely to their child, majority 48 mothers (80%) have no family history of any respiratory disease in their family⁷

6. Conclusion :- The overall findings of the study showed that the structured teaching program was significantly effective method in improving the knowledge of mothers of under five children regarding management of upper respiratory tract infection in under five children.

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8. Conflicts of interest:-. There are no conflicts of interest

9. Financial support and sponsorship:- Nil

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