

**HEALTH EDUCATION PROGRAM FOR
THE PREVENTION OF HOME ACCIDENTS AND INJURIES
AMONG CHILDREN BELOW FIVE YEARS OF AGE**

**A thesis Submitted for Partial Fulfillment of
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بسم الله الرحمن الرحيم

"رب اشرح لي صدري ويسر لي أمري واحلل العقدة من لساني يفقه قلبي"

سورة آية -

اللهم يا معلم إبراهيم علما ويا مفهم سليمان فهنا..

" دعاء الإسلام رضى الله إذا استعصى " الله

"أمن هو قانت أثناء الليل ساجدا وقائما يحذر الآخرة ويرجو رحمة ربه، قل هل يستوي الذين يعلمون والذين لا يعلمون إنما يتذكر أولو الألباب"

سورة الزمر آية

يقول الله وتعالى المتفضل "وعلمك ما لم تكن تعلم وكان فضل الله عليك عظيما"

سورة البناء

ويقول : "اقرأ باسم ربك الذي خلق، خلق الإنسان من علق، اقرأ وربك الأكرم، الذي علم بالقلم، علم الإنسان ما لم يعلم" صدق الله العظيم

سورة العلق

ويقول الإنسان "وقل ربى زدني علما"

سورة

الإنسان أن يكون أو

ويقول رسول الله وسلم: "من سلك طريقا يلتمس فيه علما، سهل الله به طريقا إلى الجنة"

ويقول المعصوم الله وسلم: "إذا مات ابن آدم انقطع عمله إلا من ثلاث، صدقة جارية، أو علم ينتفع به أو ولد صالح يدعو له"

ويقول وتعالى: "وإذا ما نزلت سورة فمنهم من يقول أنكم زادته هذه إيماننا فأما الذين آمنوا فزادتهم إيماننا وهم يستبشرون، وأما الذين في قلوبهم مرض فزادتهم رجسا إلى رجسهم وماتوا وهم كافرون"

سورة التوبة

ويقول الله وسلم: " لا يزال الرجل عالما ما طلب العلم فان ظن انه قد علم فقد جهل".

وقال الصحابي الجليل مسعود: "من تعلم علما لم يعمل به لم يزد العلم الاكبر".

وقال الصحابي هلال الغلاء رضى الله : " طلب العلم شديد، وحفظه اشد من طلبه، والعمل به اشد من حفظه، والسلامة منه اشد من العمل به، فنسأل الله السلامة من بلاء الكبر بالعلم والتوفيق لما يحب ويرضى".

واحذر أن تكون "بلا شبر" : "العلم ثلاثة أشبار، من دخل في الشبر الأول تكبر، ومن دخل في الشبر الثاني تواضع، ومن دخل في الشبر الثالث علم انه ما يعلم.

تذكرة السامع والمتكلم ص

وللعلم ست مراتب: "أولها: حسن السؤال، والثاني: حسن الإنصات والاستماع، والثالثة: حسن الفهم، والرابعة: الحفظ، والخامسة: التعليم، والسادسة وهي ثمرته، العمل به ومراعاة حدوده". وقد كان الإمام أبي رضى الله إلى يقول: "اللهم اخف عيب معلمي عني، ولا تذهب بركة علمه مني".

وأخيرا " .. قل لن يصيبنا إلا ما كتب الله لنا هو مولنا وعلى الله فليتوكل المؤمنون "

سورة التوبة آية

أفوض أمري إلى الله إن الله نصير بالعباد

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LITERATURE REVIEW

I. HOME ACCIDENTS/INJURIES IN CHILDREN UNDER YEARS

A. Definitions

Many definitions have been given to accidents such as: *"Accident is an unplanned and uncontrolled event in which the action or reaction of an object, substance, or radiation result in personal injuries"* (Hinrichs). Another definition is: *"An accident is any unplanned event that could cause measurable loss such as injury or property damage."*

An accident can also be classified as "near miss" and have no measurable loss. It occurs when two or more hazards come close together or interact.

James et al () have listed some common misconceptions about accidents. These are as follows:

- An accident can be explained by determining a single cause

- Accidents can be prevented by placing blame on the person responsible
- Measurable loss, such as serious injury or property damage, must occur for an event to be classified an accident
- Accidents are just chance events that happen as the result of random variables
- Accidents are unavoidable and unforeseeable events that are going to happen
- Accidents are acts of God or Nature.

The word injury derives from the Latin word for "*not right*". It has been defined as "*physical harm or danger to the body resulting from an exchange, usually acute, of mechanical, chemical, thermal, or other environmental energy that exceeds the body's tolerance* (Mckenzie, et al.).

B. Magnitude

Every year many children are injured or killed as a result of accidental poisoning, falls, burns, scalds and bites. These accidents may take place at home, or in the street. According to recent reports, more than one fifth of all hospital admissions for the under-five years age group are because of accidents (National Safety Council,).

Worldwide, injury ranks fifth among the leading causes of death (Mohan and Romer,). Hokelman () claimed that injuries were the fifth leading cause of death accounting for , of all deaths.

LITERATURE REVIEW

Although most non-fatal accidents are minor, some result in life long problems. However, the public health importance of injury is best recognized as a reflection of premature mortality.

Injuries constitute a major health problem in all developed and in an increasing number of developing countries **(Tiret, et al,)**. Accidents and unintentional injuries account for more deaths and disabilities in children than all combined causes of disease **(Muscari,)**. Every year, they leave many thousands of children permanently disabled or disfigured. Three children die as a result of home accidents every week **(Hadd,)**.

The incidence of accidents and poisoning varies from country to country, and even from region to region within the same country. Falls and burns lead the list of causes of accidents, while kerosene, other household agents, and drugs top the list of poisoning **(Bwibo,)**.

The incidence rate of non-fatal injury in developing countries are probably as high or higher than those observed in the industrialized world. It is likely that there are several hundreds of non-fatal injuries for every fatal injury in developing countries. Due to lack of available survey methods for identifying and quantifying disability, the real economic and social impact of these injuries is unknown **(Bol Med Hosp Infant Mex,)**.

In Egypt, accidents are a major cause of morbidity and mortality in children below years **(Fahim,)**. The Poisons Control Center,

Ain Shams University Hospital, recorded the reception of cases of poisoned children below years of age in the year () as one of home accidents. In the year , the center received cases of children, representing of the total cases. **Salem ()** mentioned that home accidents accounted for half the accidents in Egypt because people spend more time at home than any other place.

C. Causes and predisposing factors

Home accidents differ from one country to another due to many factors such as social, economical, and cultural circumstances. In today's world there are dangers everywhere, not only on the roads but also at home, at school, in playgrounds, in factories, and various workplaces, both in industrialized and developing countries.

In the United States, unintentional injuries at the home result from falls, burns poisoning, and accidental shooting. Generally, the largest number of accidents happen in the living room. However, the most serious accidents happen in the kitchen and on the stairs (**Hogg, ; Pelech et al,**). Some accidents happen at times of stress when the usual routine is changed, or when people are in a hurry. Poor housing and overcrowded conditions lead to increased number of accidents. Some accidents are also caused by lack of familiarity with surrounding, for example, when visiting friends or relatives or in holiday accomodation (**Kemp and Sibert**).

Bradely () and **Cohen** () identified some predisposing factors for home accidents which included:

- Ignorance and negligence: this is the situation when dangerous situations or unsafe equipment are not dealt with properly
- Poor lighting: if people cannot see properly, they are likely to fall down on dangerous objects
- Crowded living conditions: when people, especially children, are not able to move freely around the house they will be more liable to accidents
- Lack of child supervision: small children are more prone to accidents, especially when they are left unsupervised
- Physically or mentally handicapped children under the supervision of stressed or tired parents are more likely to have accidents.

D. Risk factors

Most accidental deaths of children younger than five years of age occur at home. The kitchen is the most dangerous place at home, as approximately of all home injuries occur there. However, the areas where most injuries occur are the living room, bedroom, backyard and bathroom (**Dershwitz**, ; **Kendrick**,).

Many types of injuries involve falls downstairs and against low furniture or objects, such as coffee tables and fireplace. The most common risks are stairway hazards, windows in poor repair, water

temperature higher than F° , and accessible medications (Behrman,).

Other risk factors involved in unintentional injuries in children at home are the age and gender of the child. The age group more affected is two–three years old, and boys are more affected than girls. The risk also increases when children play outside home, on roofs, stairs, or patios, and if the mother neglects child care (Bolmed Hosp Infant Mex,).

Another period of increased accidents is any time when parental supervision may be minimal. This may happen during holidays, a move to new home, or family crisis, and when adults are preoccupied with other matters and fail to adequately monitor their children (Kohlberg,).

II. ACCIDENTS AND CHILD DEVELOPMENT

The risk for home accidents and injuries among children, under years of age, is lowest () in infancy (- years of age). It peaks to for toddler children (- years old), and drops to intermediate level for children - years old. As the child becomes older, he is more coherent, alert, and to some degree sensible to instructions of the parents. Home accidents and injuries are major causes of death during infancy, especially children to months old (Ali,).

Constant vigilance, awareness, and supervision are essential as the child gains increased locomotor and manipulative skills. These skills are coupled with an unstable curiosity about environment such as grasps and manipulations of small objects. They explore by putting objects in mouth (**Wong,**).

The developmental achievements of toddler age such as running, climbing, and jumping are the main stays of activity. Children can throw objects, ride tricycles, and interact with each other and their environment. Their thinking, however, remains illogical and egocentric. They are unable to appreciate cause and effect, and as a result, injury to themselves or others may not prevent similar episodes in the future (**Banco,**).

Wong and Perry () clarified that, during the preschool years, the child becomes intellectually curious about his surrounding and asks questions persistently. This is one way by which he learns. His questions should be answered simply and honestly, and information should be given frankly and unemotionally. Also preschooler starts a period of imagination and creativity which allow them to fantasize, trying out roles, and behaviors. The goal of caregivers during this period is to assist children to learn about the world and other people. With this help, preschoolers gradually modify their egocentricity. **Stuart and Sundneen ()** stated that the preschooler years play a significant role in the development of body image and self-concept. Body image is the picture of the body formed in the mind, including physical, social, and psychological components,