

Home care: Maternal Practices for Infants in a Rural Area

Thesis

*Submitted for Partial Fulfillment of the of the
Master Degree in Nursing Science
(Community Health Nursing)*

By

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**Faculty of Nursing
Ain Shams University
2010**

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الرعاية المنزلية: ممارسات الامهات للرضع فى الريف

رسالة مقدمة

توطئة للحصول على درجة الماجستير
فى علوم التمريض
(تمريض صحة المجتمع)

من

صباح عبد المعتمد مرسى عبد الباسط
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Home care: Maternal Practices for Infants in a Rural Area

Abstract

Background: Improved home care practices for infants, post natal contact with a health care provider and increased care seeking for illness have demonstrated significant reductions in infants' mortality. **Aim:** The aim of this study was to assess home care: Maternal practices for infants in a rural area. **Subjects & Methods:** Data were collected from 241 mothers attending with their infants to the MCH center to receive BCG vaccine, DPT, poliomyelitis vaccine, hepatitis B vaccine and measles vaccine. **Setting:** Rural area (Nahia Village at Giza Governorate). For data collection, three tools were used: The first was an interviewing questionnaire, which consists of two parts includes socio-demographic data of mothers and the second part, the characteristics of infants. The second tool consists of two parts: First part includes questions about infant's growth and development, and second part includes questions related to habits and traditions. Third tool consists of an observational checklist for maternal practices and infants' home environment. The study reflected practices of mothers toward their infants care at home. **Result:** The main result of study revealed that mothers had inadequate and poor practices toward their infants' care; there were statistically significant relations between practices of mothers and their infants' health problems. As well as between infants' health problems and their home environment. **Recommendations:** the study suggests that health educational programs should focus on breastfeeding, weaning practice, massive immunization, safe home environment and infant's care at home using mass media.

Key words: *Home care, practices, infant, infant care*

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Protocol

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Introduction

An infant's health depends upon factors include the mother's health, the infant's environment after birth, and availability of essential services such as physical examination and receiving appropriate immunization. It also depends on proper nutrition and other nurturing care at home (**James and Rebert,1999**) .

Every year, nearly 11 milion children die before reaching their birth day, and most of them during their first year of life. Most of these deaths (98%) are in developing countries (**W.H.O, 2004**).

In Egypt, infants represent 18 percent from total population and the mortality rate was 25 per 1000 (**MOHP, 2002**).

There are several reasons for relatively high mortality and morbidity rate for infants and early child hood. These reasons are inadequate Sanitation, over crowding, poor nutrition and high rate of communicable diseaese, coupled with a lack of health care services, and Low socio economic level (**fouad,2000**)

Improved infants home care may substantially improve survival. Evidence suggests that essential infant care practices for example related to feeding, hygiene and recognition of danger sings and illness are clearly associated with major causes of infants mortality. so improved home care practices for infants, post natal contact with a health care provider and increased care seeking for illness have demonstrated significant reductions in infants mortality (**Jokhio et al, 2003**) .

Rural population has higher infants mortality rate so infants are more likely to have care from general practional who is their usual care giver (**Stanhope et al, 2006**).

A special role of the community health nurse is to act as the infant's advocate and respond to the relevant advances in community nursing care. Community health nurse understand how to use community networks to facilitate family centered appropriate home care, by teaching, need to be strengthened families supported to provide the necessary care to supporting, advising, counseling and liaising. Community health nurse improve infants survival, growth and development. To provide this care, families need knowledge, skills, motivation and support. They need to know what to do in specific circumstances and as the infant grows and develops. They need to be motivated to try and to sustain new practices **(W.H.O, 2004)**.

Aim of study

This study aims to assess home care: maternal practices of infants in rural area through:

- 1- Assessing practices of mothers which related to care of their infants at home.
- 2- Assessing growth and development of infants.
- 3- Assessing the factors that affecting practices.
- 4- Assessing the home environment that affect on the infant health.

Research question

- 1- What are relations between maternal practices at home and infants health?
- 2- Is there a relation between home environment and occurrence of diseases in this age?

The research design

- A descriptive study will be utilized.

Subject and Methods

Setting:-

The study will be conducted through home visiting after selecting the sample from MCH center in rural area (Nahia village). At El Giza governorate. This village characterized by high density of population. The number of population in this village is 36343 according to (Arab of Egypt central agency for public mobilization and statistics 2000).

The MCH center called Bolak MCH center which serve all mother, pregnant women and children from birth to 5 years old. This MCH center characterized by its high flow rate of infants attending annually. The number of infants attending annually is approximately 4847 infants according to statistic of MCH center.

Sample:-

Convenient sample will be selected from the infants attending to maternal and child health center with their mothers to receive (BCG vaccine, DPT and poliomyelitis vaccine or measles vaccine) three days each week (Sunday – Monday and Tuesday) from 9 Am – 1 Pm within period of six month, the sample will be selected (5% from the total number of infants attending to MCH center annually)

Criteria of selection:-

- Both gender.
- Age From 1 month to 1 year.
- Free from congenital anomalies.
- Free from chronic diseases.

Ethical consideration

Prior to the pilot study, ethical approval will be obtained from the scientific research ethical committee of Ain Shams university, in addition when informed consent will be obtained from each participant, they will be assured that anonymity and confidentiality would be guaranteed and the right to withdraw from the study at any time.

The technical design

Three tools for data collection:

1- First tool an interviewing questionnaire:

It will include the following data:

1st part: socio demographic data of mother such as (age - educational level – occupation- family income and history of pregnancy will be collected from medical record, family size and cause of visit ... etc).

2nd part: characteristics of infant such as (name, age, sex, infant order, type of feeding and immunization).

2- Second tool: assessment sheet to assess:

1st part: growth and development of the infant using Denver Developmental Screening Test (D.D.S.T).

2nd part: factors that affecting practices (habits- traditions).
Such as feeding practice and weaning

3- Third tool:

- Observational check list sheet for assessing maternal practices for infants at home, this standardized check list and modified by the investigator to assess:

1st part: mother's practices related to their infants care at home include (Breast care before breast feeding - Breast feeding technique - bottle feeding technique- bathing technique (eye care- skin care – ear care and diaper care).

2nd part: the home environment of infants include (home type – safety measures- crowding index- ventilation – kitchen – bath room - animal and

birds- insects – rodents finding- source of water -
cooking technique – sewage disposal - site of
waste product - smoking at home ... etc.).

Operational design

Pilot study:

The study will be applied for mothers having infants to test tools and any necessary modifications will be done.

Administrative design

An official permission will be obtained from mothers and MCH center in EL Giza governorate.

Statistical design

Data will be tabulated and appropriate statistical methods will be applied to analyze the obtained data and to test its significance.

Discussion

Obtained result will be discussed on related literature of local and inter national references.

Conclusion & Recommendation

Appropriate conclusion & recommendation will be based on results obtained.

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