



Main health problems among children In East of Cairo

A Thesis submitted for partial fulfillment of Master's degree

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**First and foremost, I would
like to thank Allah,
whose many blessings have
made me who I am**



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Dedication

*I dedicate this work to my
family for all the support they
offered during all steps of
Postgraduate studies*

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CONTENTS

Items	Page
List of Abbreviations	II
List of Table	IV
List of Figures	V
Introduction.....	1
Aim of the Study.....	4
Review of Literature.....	6
Patients and Methods.....	47
Results.....	51
Discussion.....	57
Conclusion	64
Summary	66
References	70
Arabic Summary	85

List of Abbreviations

CDC	:	Center of Disease Control and Prevention
DHS	:	Demographic and Health survey
FGD	:	Focus group discussion
GDP	:	Gross Domestic Product
HIO	:	Health Insurance Organization
IDA	:	Iron deficiency anemia
IQ	:	Intelligence Quotient
MCH	:	Mean cell hemoglobin
MCHC	:	Mean cell hemoglobin concentration
MCV	:	Mean cell volume
MI	:	Micronutrient Initiative
MOE	:	Ministry Of Education
MOHP	:	Ministry Of Health and Population
NNI	:	National Nutrition Institute
RDA	:	Recommended daily allowance
RDW	:	Red cell distribution width
SI	:	Serum Iron
TIBC	:	Total iron binding capacity
UNICEF	:	United Nation of Children Fund
WHO	:	World Health Organization

List of Tables

Table No	Title	Page
Tables of Results		
Table (1)	Distribution of sex among study group	52
Table (2)	Distribution of mode of delivery among study group	52
Table (3)	Distribution of method of feeding among study group	52
Table (4)	Distribution of allergy among study group	53
Table (5)	Distribution of parasite infestation among study group	53
Table (6)	Mean and standard deviation of numerical values: age in month, order of birth, hemoglobin in g/dl	53
Table (7)	Mean and standard deviation of numerical values: weight in kilogram, height in meter, Body Mass Index	54
Table (8)	Mean diagnosis by grouping	54
Table (9)	Sex in relation to diseases groups	55
Table (10)	Method of delivery in relation to diseases groups	56
Table (11)	Feeding method in relation to diseases groups	56

List of Figures

Figure No	Title	Page
Review of literature		
Figure (1)	Global estimates of the prevalence of anemia in infants and children aged 6–59 months, 2011, WHO, 2015.	31
Figure (2)	Complications of childhood obesity (Nathan & Moran, 2008)	43

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Abstract:

Background: About 5.9 million children under-5 still pass away every year, nearly 1 million of them on their first day of life. Complications and diseases are the main cause of these deaths which have known and reasonable treatments.

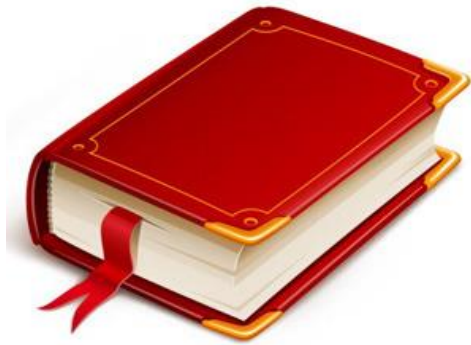
Objective: To survey and assess the main health problems among sample of children attending a medical center of MOHP in the East of Cairo.

Methodology: This study is a cross sectional one done on 150 children attending Hadaek El Kobba primary health care clinic, MOHP, chosen randomly during the period between November 2016 up to January 2017. Patients' age ranging from months up to 18 years from both sexes males and females.

Results: Parasite infestation among study group: showed that Entamoeba Histolytica was the most predominant parasitic infestation among my group with percentage of 45%, Oxyuris was the second predominant while Giardia Lamblia was the least with percentage 15 %. **Upper respiratory tract infections** were the most prevalent diseases representing 28.7%, and then nutrition diseases 27.3%, combined 23.3%, GIT 14.7% and skin diseases were 6% the least prevalent among the group of children in the present study.

Conclusion: Respiratory tract infection and parasitic infestations are the most common health problems among children attending medical center of MOHP in East Cairo.

Keywords: Health problems- Morbidity- Mortality- Children- Respiratory tract infection- parasitic infestations.



INTRODUCTION

Introduction:

About 12 million children below 5 years pass away every year; most of these children live in developing countries. More than 50% of these mortality are accredited to diarrhea, malaria, acute respiratory illness, or measles all these conditions that are avoidable or curable **(Rice et al., 2000)**.

Health problems in Egypt have been prioritized several times. The Ministry Of Health and Population (MOHP) organized a workshop to update the list of research priorities including:

- Development of the health system for health promotion, and provision of quality services, particularly of Primary Health Care (PHC) and Family Practice.
- Development of human resources for health, through equitable distribution, continuing education, and economics of their employment.
- Empowering the district health system approach **(MOHP, 2000)**.

Malnutrition is associated with about 50% of all deaths among children. Infectious diseases still the most significant reason of mortality and morbidity among children globally particularly in developing countries **(Rice et al., 2000)**.

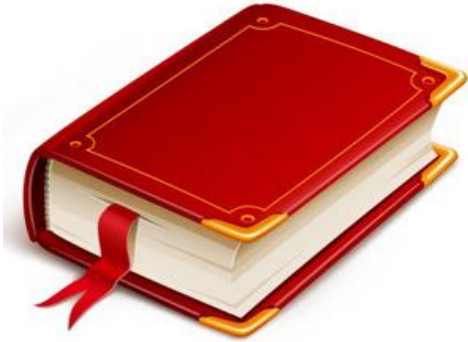
About 5.9 million children under-5 still pass away every year, nearly 1 million of them on their first day of life. Complications and diseases are the main cause of these deaths which have known and reasonable treatments **(USAID, 2016)**.

Definition of study concepts:

Childhood diseases: refers to disease that is contracted or becomes symptomatic before the age of 18 years old. Many of these diseases can also be contracted by adults.

ICD 10: is the standard diagnostic tool for epidemiology, health management and clinical purposes. This includes the analysis of the general health situation of population groups. It is used to monitor the incidence and prevalence of diseases and other health problems, providing a picture of the general health situation of countries and populations.

BMI: body mass index the body mass divided by the square of the body height, and is universally expressed in units of kg/m^2 , resulting from mass in kilograms and height in meters.



AIM OF THE STUDY
