



Health Needs among Preschool Children in Rural Areas

Thesis

*Submitted for Fulfillment of the Requirement of Master Degree
in Community Health Nursing*

By

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سببنا انك لا تعلم لنا
إلا ما علمتنا إنك أنت
العليم العظيم

صدق الله العظيم

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Dedication

*I feel greatly indebted to all my **Family** without their great effort, encouragement, help and support this work could not become. My deep heart gratitude and thankfulness to all my **family** members; my beloved **Husband** and my lovely **Father**, my lovely **Mother**, my grandmother and mother in law, my brothers and my lovely **sisters**.*

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List of Abbreviations

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| ADHD | : Attention deficit hyperactivity disorder | |
| CD | : Conduct disorder | |
| CHNs | : Community health nurses | |
| DBP | : Disruptive behavior problems | |
| HAZ | : Association of mother's nutrition-related knowledge with child | |
| IMCI | : Integrated management of childhood illnesses | |
| ODD | : Oppositional defiant disorder | |
| PEM | : Protein Energy Malnutrition | |
| SDGS | : Sustainable Development Goals | |
| SD | : Standard deviation | |
| SES | : Socioeconomic status | |
| SPSS | : Statistical package for social science | |
| ASD | : Autism spectrum disorder. | |
| WHZ | : While controlling for maternal, child, household and regional characteristics. | |
| GI | : Gastrointestinal. | |
| WHO | : World health organization. | |

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ABSTRACT

Background: Pre-school period is one of the most sensitive periods in which children acquire skills that effect their adulthoods. **Aim:** Assess health needs among preschool children in rural areas. **Setting:** Governmental Nursery School in Gharbiya Goveморate Tanta Basyoun center, which about 38 Governmental Nursery School. **Sample:** A multi stage sampling will be used in this study to get study participants and the final sample size was (200) participant. **Tools:** First tool, Structured interviewing questionnaire by the investigator to assess socio-demographic data, current health status for preschool child, mother's knowledge regarding health needs & problems of their preschool child, mother's practices. Second tool, Observational checklist to assess growth and development through Anthropometric measurements. **Results:** The mean age of the studied children was 4.2 ± 0.81 , more than half of them were males. More than half of mothers were satisfactory in total knowledge. More than half of preschool children didn't have health problems. More than half of mother's reported practice was always in physical health needs, psychological, social, and cognitive and security needs and the majority of studied children were normal in their total growth and development. **Conclusion:** There was a highly statistically significant relation between socio-demographic characteristics and mother's knowledge regarding health needs& problems among their preschool children. Also, there was highly statistically significant relation between total practice with age of mother, Mother education level and mother's job. There was positive statistically significant correlation deference between total knowledge and Total practice, negative statistically significant correlation deference between total knowledge and Total health problems and negative statistically significant correlation between Total practice and Total health problems. **Recommendations:** Establishing an educational program to provide care provider and mothers with more adequate knowledge and training to help them in caring for preschool children (physically, emotionally and socially), Provide nursery schools with the recreational and social facilities that help the child to ventilate his energy. In service training programs for improvement of the care givers and mother's practice toward childcare (physically, emotionally and socially).

Keywords: Health Needs, Preschool Children, Rural Areas.

Introduction

Preschool is the one at age of 0-5 years. Others restricted this age to the child aged 3-5 years. Pediatricians classified age from 0-3 years in to two periods, i.e. Infancy from 0-1 year and toddler from 1-3. In this review, the preschool child is the one at age 0-5 years (*Greg and Katherine, 2015*).

Preschool is an educational establishment or learning space offering early childhood education to children between the ages of three and five, prior to the commencement of compulsory education at primary school (*Senay, 2012*).

Preschool child health needs are the basics of keeping children healthy, which include physical, mental, and social wellbeing. Like offering them healthy foods, making sure they get enough sleep and exercises and insuring their safety. These needs could be classified into biological, psychological, moral, social wellbeing and educational needs. In addition to nutritional needs to grow, love, play and to be treated as an individual and not as an object are among the basic requirements for the child to grow and develop well. Attention, care, protection, empathy, understanding and social education for the roles and responsibilities would be what the child need for healthy development (*Dean, 2016*).

There are some problems which preschool children may suffer from such as respiratory problems as colds, cough, fever and asthma. Communicable disease such as gastroenteritis which are common health issues for children in these years due to lack of a well-balanced diet and changeable of appetites and activity levels during the day. Other problems such as vomiting, diarrhea, dehydration and infections as streptococcal infections for ex; tonsillitis and some food-borne infections for ex; ascariases (*Bouchard et al., 2011*).

Also there are other behavioral problems such as Encopresis (holding bowel movements a problem that children age four or older can develop due to chronic (long- term) constipation, Enuresis it defined as repeated involuntary voiding of urine after control should be established, Stuttering some time referred to as stammering or diffluent speech, is a speech disorder. This is different than normal repetition of words that children may do when learning to speak; hard to recognize, Thumb Sucking is one of the most common habits of children, and Biting is an unacceptable behavior that needs to be stopped at an early age to prevent further occurrences (*Dos Santos et al., 2017*).

Community health nurses have a long -standing practice of promoting physical, mental, emotional and social health and in preventing disease and injury across the life span. In addition to providing home visits and clinics to young families. (*Bidzan-Bluma and Lipowska, 2018*).