

Practice of Home Remedies among the Mothers of Under Five Children with Upper Respiratory Tract Infection

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ABSTRACT

Background of the Study:- In recent years, epidemiologist and community researchers have directed their attention to explore the health seeking behavior associated with the causes of child mortality and morbidity due to acute respiratory tract infection. According to the WHO estimates, an appropriate health seeking behavior of the family members would reduce the rate of child mortality and morbidity caused by acute respiratory tract infection.¹

Statement:- Practice of home remedies among the mothers of under five children with upper respiratory tract infection.

Objective: To assess the practicing of home remedies among the mothers of under five children with upper respiratory tract infection.

Keywords: upper respiratory tract infection, under five children, home remedies.

INTRODUCTION

One of the most significant health problems among children and the common reason for their medical visit is Upper respiratory tract infections (URTI). The daily routines and functioning in the family can be disturbed for long period of time when the child in the family suffers from URTI. Some of the URTI among children may lead to severe complications such as otitis media, tonsillitis and sinusitis.²

In India acute respiratory tract infections is one of the leading causes of morbidity and mortality in young children. In acute respiratory tract infection, (ARTI) children usually have symptoms like loss of appetite, difficulty in breathing, nasal blockage and also sucking difficulty in breastfed babies.³

In Karnataka in 2011, children affected with ARTI were above 6.11 million in which 31% were under five children. According to registrar generals published figures of Karnataka, mortality and morbidity rate is higher in severe acute lower respiratory tract infections (LRTI). Mothers are usually the primary care providers for their children and they should have ability to recognize the symptoms of respiratory tract infections and especially upper and lower respiratory tract infections.⁴

MATERIAL AND METHOD

Research approach:-

Quantitative Research approach was selected for this study.

Research Design:-

The research design selected for the study was a Non-experimental Cross-sectional descriptive research design was adopted for the study.

Research Variables: - Practices of home remedies, Upper respiratory tract vision.

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Demographic Variables: - Age of the mother, Educational status of the mother, Monthly family income, Area of Living.

Setting Of the study:- The study setting is pediatric outpatient departments in selected secondary care hospitals of Udupi district, Karnataka. The descriptive cross sectional survey design was used for this study.

Population:- Mothers of under five children with upper respiratory tract infections who are attending Pediatric OPDs of Dr.TMA Pai hospital, Udupi district.

Sample and sampling technique: Total 154 mothers of under five were selected by using convenience sampling technique.

RESULTS

Frequency and Percentage distribution of mothers based on usage of home remedies. (n=154)

Table 1: A: What home remedy you will use to manage your child’s cough

Home remedies	f	%
Not responded	19	12.3
Ginger and turmeric mixture	67	43.5
Warm salt water with ginger	61	39.6
Tulsi kashaya	7	4.5

Table 1: B: what home remedy will you use when your child is having runing nose

Home remedies	f	%
Not responded	8	5.1
Steam inhalation	18	11.6
Ginger with turmeric powder	71	46.1
Not practicing	57	37.0

Table 1:C What home remedy you will follow to treat your child’s nasal congestion

Home remedies	f	%
Not responded	9	5.8
Apply Vicks	38	24.6
Steam inhalation	51	33.1
Not practicing	56	36.3

Table 1: D : What home remedy you will prefer to manage your child’s Sore throat

Home remedies	f	%
Not responded	10	6.4
Ginger with warm salt water	33	21.4
Warm salt water gargle	62	40.2
Not practicing	49	31.8

Table 1: E: What measures you will use when your child is having fever

Home remedies	f	%
Not responded	8	5.1
Take syrup from medical store	3	1.9
Consult the doctor	133	86.3
Tepid sponge	10	6.4

The data presented in the table 1 revealed that majority 67 (43.5%) of the sample were using ginger and turmeric mixture to manage cough of the child at home and 71 (46.1) sample were using ginger with the turmeric powder to manage child’s running nose. Majority of the 56(36.6%) sample were not practicing any type of home remedies during their child was have nasal congestion. Most of the 62 (40.2%) sample were using Warm salt water gargle to manage their child sore throat, Most 133 (86.3%) of the sample were consulting the doctor when child had fever.

DISCUSSION

Majority 67 (43.5%) of the sample were using ginger and turmeric mixture to manage cough of the child at home and 71 (46.1) sample were using ginger with the turmeric powder to manage child’s running nose. Majority of the 56(36.6%) sample were not practicing any type of home remedies during their child was have nasal congestion. Most of the 62 (40.2%) sample were using Warm salt water gargle to manage their child sore throat, Most 133 (86.3%) of the sample were consulting the doctor when child had fever.

A study was done by Karkada, (2005) in Belgaum district Karnataka, among 185 mothers on their knowledge, attitude and practices on home remedies of acute respiratory tract infections in under-five children. Findings of the study revealed that majority (58%) of mothers had knowledge regarding home remedies and 46% mothers had positive attitude and 47% mothers had negative attitude towards ARI. This study concluded that most of the mothers (68.6%) followed home remedies in children with ARI before seeking medical help during episodes of ARI.⁵

CONCLUSION

Mothers with graduation and above, middle class officials and those who were subscribing to news paper had better health seeking behavior than other mothers. The findings highlight that, the nurses and health care providers can play a significant role to educate the mothers' regarding importance of seeking medical care and mode of transmission, early identification, management and prevention of URTI in under five children.

Conflict of Interest: There is no conflict.

Source of Funding: Self

Ethical Clearance:- Taken

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