Study the performance and awareness level of mothers in children's surveillance (under 6 years of age) in Khalilabad in the year 2008.

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Abstract: Surveillance covers a collection of family and society's activities to boost the effect of two factors; sufficient nutrients and access to health services which is led to growth optimization. Considering the current facts and the decreased process in children's mortality during the recent couple of decades in our country, it is the time to take a deep look at the quality pattern of growth among our children and to benefit from the nation's findings and physical experiences to upgrade the physical and mental potentials of Iranian children. The birth number of over one million infants in the country is a compelling reason to pay more attention to the physical and mental aspects of promoting infant's health. The main objective of this study therefore has been to particularly clarify for mothers the methods of behaving infant (under the age of six).

Method:
A number of 270 questionnaires were distributed by health experts in 20 days. They went to the people's door, did the interviews and recorded information.

Findings:
Studies revealed that 98/1% of children were under surveillance. 77/4% of mothers knew the dangerous symptoms. 90/6% of children had appropriate nutrition, 90/2% of them had the optimum brunch, and 92/2% used recognized junk foods. 77/9% of children had active nutrition. 68/9% of mothers had appropriate information about injury prevention among children. 74/4% of children had complete six month breast feeding. The most recorded cases of not being exclusively breastfeed (55/3%) and feeding by powdered milk (45/8%) were regarded as breastfeed insufficiency. 74/4% of children had complete six month breast feeding. The most recorded cases of not being exclusively breastfeed (55/3%) and feeding by powdered milk (45/8%) were regarded as breastfeed insufficiency. There is a correlation between mother's resident place and her level of awareness of injury prevention (sig=0/012) as well as awareness of childhood dangers. Mothers in rural areas were more conversant than mothers in urban regions. There is no correlation between resident place and exclusive breastfeeding, though (sig=0/270).

Correlation between mother's literacy, having growth card, accurately expressing growth curve, and goal clarification since the beginning phases of growth is witnessed. The more mother is literate, the more accurate will be her stated information. But this is to mention that there is no correlation between mother's awareness of injury prevention and childhood dangers.

Results:
Considering the above mentioned findings we can conclude that to upgrade children's health level, accurate training to mothers specifically in urban areas who have less contact with health centers is indispensable. To achieve this goal mass media and health volunteers should greatly be involved in the process.

Key words:
Surveillance
Child under the age of six years
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