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**Title:** Nutrition education and its risk factors from point of view in mothers of hospitalized children in hospitals in Shiraz: a qualitative study

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**Abstract:**

Introduction and Objectives: The importance of nutrition for children, especially for mothers is vital. The lack of information about nutrition after infantile stage can cause many problems in childhood, sometimes until the adolescence. This qualitative research was done to evaluate the status of nutrition education and risk factors from the viewpoints of mothers with children who have been hospitalized.

Methods: data were obtained from 20 mothers by using focus group discussions and face to face interviews.

Results: Most mothers with low literacy or poor economic conditions said that they had a little knowledge about the food groups and were not able to identify them. Almost all the mothers claimed that they learnt about nutrition from television and radio. The type of television programmes who they mentioned were children’ programmes, advertisements and educational and family programmes.

Most of the mothers were interested in learning about nutrition by direct conversational methods while some believed that posters and good teaching were the best methods to learn about healthy nutrition. Some literate mothers indicated stories and science books, magazines, textbooks and newspapers as their choice of interesting learning sources.

Conclusion: Although disease severity, duration of hospital stay were effective in the mothers responses, but the role of nurses in ensuring food safety during the mothers stay at hospital is well accepted. Preparing and targeted nutrition education programs through multimedia are necessary. Training programs in all aspects of nutrition targeted at mothers are recommended to improve their knowledge.

**Keywords:** nutrition education, mothers point of view, Urmia

**Presentation:** Poster