Assess the Knowledge Regarding Food Poisoning Among Mother of Under Five Children

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ABSTRACT

An estimated 600 million almost 1 in 10 people in the world fall ill after eating contaminated food and 420 000 die every year, resulting in the loss of 33 million healthy life years (DALYs). Though most of the foodborne diseases are sporadic and often not reported in India, a nationwide study reported an alarming 13.2% prevalence at the household level. Result: The findings showed that 60% of mothers have heard about food poisoning. The mothers' knowledge about transmission of diseases by food was acceptable; 68.9% knew. When they were asked to detail the diseases, cholera was the most reported by about 84.4%, diarrhea 50%, and food poisoning 22.2% only. 1) to assess the knowledge regarding food poisoning among under five children mother. 2) To find out the association between selected demographic variables with knowledge score. A Descriptive research design was used to conduct this study. Non probability convenient sampling method was used to collect data from under five children mother on the basis of semi structured questioners. Sample size 50 under five mothers participates in study. Setting of the study selected area of Wardha district. The study shows that (2%) each under five mothers had very poor level of knowledge score, 60% had average level of knowledge score, 38% had good level of knowledge score. The minimum score was 6 and the maximum score was 18, the mean score was 11.86 ± 2.2983 with a mean percentage of knowledge was 39.53%. This study assessed the food poisoning knowledge among mothers in Wardha district. The information could be used as a starting point to design education and training programs that can further improve their knowledge and can be translated into better and safer food handling practices. Food safety efforts generally tend to focus on food supply chains and the household domain of food handling and practices gets limited attention.

KEY WORDS: FOOD SAFETY, FOOD POISONING, MOTHERS KNOWLEDGE, PLANNED TEACHING PROGRAMME.

INTRODUCTION

Prevention Is Better Than Cure

Food is the most basic requirement of life. The food we eat is digested and assimilated by the body, and it is then used to maintain and grow it. Food also provides energy for doing work. Man has exhibited much thought and foresight in cultivating a variety of grains, fruits, vegetables, nuts and oilseeds and in rearing birds and animals for use as food. The implicated food vehicles were mostly of animal origin, in particular eggs and egg

products and pig meat (both accounting for 10% of all strong-evidence outbreaks), broiler meat (9%) and cheese (8%) followed by fish and fish products (7%), milk and dairy products (5%), bovine meat (4%) and crustaceans (3%).

Food poisoning (FP) refers to a group of illnesses that result from the ingestion of contaminated food that contains infectious organisms in recent decades, food poisoning has become a growing public health problem worldwide, in both developed and developing countries. The incidence of food-borne illness depends on the hygienic measures implicated in food production and storage, but they could be ineffective if consumers have poor hygienic practices and food handling approaches.

Need For The Study: Although there are a limited number of studies on mothers' knowledge about food poisoning, the present study is unique in several ways

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first, touching many populations whose prepare food second, the importance and effectiveness of preventive measures in our daily life to promote the health third, this research identifies key determinants of mothers' knowledge, rather than simply documenting what mothers should do. The findings have implications for increasing mothers' awareness and then the practices in their house surroundings. Knowledge, attitude and practice are key factors in reducing the incidence of food-borne diseases in foodservice areas⁶. They are also influenced by various factors like gender (females have a higher level of information than males), age (people younger than 35 years of age need extra food safety education), income level and cultural factors.

Statement: - Assess the knowledge regarding food poisoning among mother of under five children

Aim:

1. To assess the knowledge regarding food poisoning among under five children mother.
2. To find out the association between selected demographic variables with knowledge score

Operational Definitions:

Effectiveness: In this study, it refers to the extent to which the planned teaching programme has achieved the desired objectives for the under five mother regarding n prevention of food poisoning.

Planned teaching programme: In this study, it refers to a systematically developed teaching programme designed for the under five children mother with the help of LCD projector, charts and flash cards in order to provide information regarding meaning, definition, causes, complications, benefits and importance of prevention of food poisoning.

Knowledge: It is the correct response given by the under five mother to the items in the close ended questionnaire regarding food poisoning.

Food poisoning:- food poisoning also called food borne illness is illness caused by eating contaminated food. Infectious organisms including bacteria, viruses and parasites or their toxins are the most common causes of food poisoning.

Mother: A mother is a female parent of under five children in this study

Under five children:- Children who are less than five years old, especially those who are not in full-time education.

MATERIAL AND METHODS

Research Approach: Survey Approach

Research Design: Descriptive research design

Setting of the Study: The study was conducted in arvi

naka Wardha and seloo

Sample: The sample for the present study comprises of 100 mothers of under-five mother of arvi naka Wardha and seloo.

Sampling technique: Non probability convenient sampling technique was used.

Development of tool for data collection: Developed the tool after their knowledge regarding food poisoning base on their experience and practical knowledge and guidance from the expert along with the review of literature which helped in developed the tool necessary for the study Structured questionnaire consist of two section part I consist of demographic variables of the mothers who participated in the study e.g. age, education, religion etc.

Section B:- Consist of 20 multiple choice types question on knowledge regarding food poisoning

Part 1:- dealt with the demographic data of the sample

Part 2:- Consisted of multiple choice questions constructed to assess the knowledge of the food poisoning among mothers of under five children. Total 20 items are included in the questionnaire.

Inclusion criteria:

1. Under five mothers who are willing to participate
2. Under five mothers who are available at the period of data collection
3. Under five mothers who are children age group of 5 year

Exclusion criteria:

1. Who had children over 6 years
2. Who had difficulty in communication

Data collection procedure: Collecting data form the parents;each questionnaire took 10–15 min to administer. Statements in the questionnaire were explained when necessary. A verbal consent form, explaining the purpose of the research and assuring confidentiality was read to participants. The participants had the right to participate or not. The data were collected on weekdays only. The collection process occurred from October to November 2017.

Ethical consideration: The Institutional ethical committee of An-Datta Meghe Institute of Medical Science, a Deemed to be University authorized all aspects of the study protocol before the initiation of the study and approval to conduct the study. Verbal and written consent was also obtained from all under five mothers before participation.

Data statistical analysis: All analyses were performed using SPSS statistics, version 20.0. Descriptive statistics were used to describe the sample. The responses were

analyzed as correct or incorrect answers. Each correct answer was given one point while each incorrect answer was given zero point. A correct answer indicated good knowledge, whereas an incorrect answer indicated poor knowledge.

Findings: The data is analyzed and presented under the following headings:

Section A: Description of demographic variables of mothers' age educational level, employment status, Number of under five children in the family.

Section B: Knowledge of mothers regarding food poisoning

Scoring

- Score 1 was given for correct answer
- Score 0 was given for wrong answer

Scoring procedure on knowledge regarding food poisoning

Section -A

Table 1. Description of subject according to their demographic characteristics of the under-five mothers, and has been presented in the form of frequency and percentage.

Sr. No.	Characteristics	Categories Frequency	Total (N=100)	Percentage (%)
1	Age	21 to 25 year 26 to 30 year 30 year Above	21 25 54	21% 25% 54%
2	Educational Status	Primary school High secondary Under graduation Graduate and above	2 4 26 68	2% 4% 26% 68%
3.	Occupation of mother	House wife Laborer Working women	54 20 18	54% 20% 26%
	Source of information	T.V Social media Radio Internet	39 36 5 20	39% 36% 5% 20%
5	Number of under five children in the family	One Two Three Four and above	26 68 04 02	26% 68% 04% 02%

Table 1. shows the demographic information of mothers who participated in the study. In the study group, 21% of mother were in the age group of years 21 to 25 year, 25% of them in the age group of 26 to 30 year of age and 54 % were in the 30 year of aboveage. Educational Status of the study group reveals that 2 % (2) had Primary level education, 4 % (4) had High secondary education, 26 % (26) had under graduation and 68 % (68) had Graduate and above. Occupation status of mothers, 54 % (54) mothers had house wife, 20 % (20) mothers had Laborer, while 26 % (18) had Working women. Distribution of subjects according to source of information that 39% of subject information from T.V, 36% source of information from Social media, 5% source of information from radio, 20% source of information from internet .

Section -B

Table no.2: Pretest knowledge regarding food poisoning among under five mothers

Level of knowledge score	Percentage score	Pre test	
		Frequency (n=100)	Percentage
Poor	0-19	3	3.0%
Average	20-39	64	64.0%
Good	40-59	27	27.0%
Very good	60-79	6	6.0%
Excellent	≥80%	0	0.0%
Minimum score		3	
Maximum score		17	
Mean score		8.03±2.61	
Mean %		36.50±11.88	

Assessment of knowledge regarding food poisoning among under five children mothers in selected area of wardha district: This section deals with the assessment of knowledge regarding food poisoning among under five children mothers in selected area of wardha district. The level of knowledge is divided under following heading of poor, average, good, very good, and excellent. The above table shows that 3(3%) of the under-five mothers from selected area of wardha district were having poor knowledge, 64% of them had average, 27% had good knowledge and 6% of them had very good level of knowledge score minimum knowledge score 3 and maximum was 17, the mean score for the pretest was 8.03 ± 2.61 with a mean percentage score of 36.50 ± 11.88 .

DISCUSSION

This study was based on descriptive research design. In this study, 50 under five mother. Inclusion Criteria: 1. under five mothers are willing to participate. 2. Under five mother who can read or write Marathi Exclusion Criteria 1) under five mothers who attend the training programme Development of tools: A structured questionnaire was used. Questionnaire method used to assess the knowledge regarding food poisoning among under five mothers it consists of two sections. Section I was consists of demographic characteristics regarding under five mothers. Section II was structured knowledge questionnaire the tool was established in consultation with guide and nine experts.

Suggestions of the experts were considered and changes were made accordingly. The reliability co-efficient was calculated. The Questionnaires is said to be reliable if the co-efficient is more than 0.8. The reliability co-efficient 'r' of the questionnaire was 0.86, which was more than 0.8. Hence the questionnaire was found to be reliable. The data were collected for period of approximately 20 days. Samples were selected by non-probability convenient samplings which were available during the study. Prior to collection of the data, permission was obtained from the authority persons. And the informed consent from the entire participants was taken before starting the study. Data was collected by using questionnaires. The investigator introduced her and obtained consent from under five mothers who were willing to participate. Purpose and important of research study was explained before collection of data.

This study was conducted in Yemen, Taiz, Sharaab. This was a descriptive study, the sampling type used was simple random sampling method; by using lottery to select 180 mothers which is the calculated sample size. The level of mothers' knowledge about food poisoning it was found that 60% of mothers have heard about food poisoning. Their knowledge about the diseases could be transmitted by food was acceptable, 68.9% mentioned they know. When they were asked to detail the diseases, cholera was the most re-ported by about 84.4%, diarrhea 50%, and food poisoning 22.2% only. The preventive measures mentioned include: hand washing by 37.2%,

washing vegetables by 31.1% and appropriate cooking by 23.9%. Regarding the mothers' knowledge about causes of food poisoning, about 65.5% of them mentioned contaminated food, 49.4% mentioned contaminated hands while 37.2% of them mentioned contaminated utensils. The total knowledge was calculated; it was about 40.72%.

Nursing Implication: The finding of this has definitive implication in nursing practice, nursing education, nursing administration.

Nursing Practice: Nurses should enhance their professional knowledge. The finding of the study can be used to bring about the awareness among the under five children regarding food poisoning can be useful for the future generation in the improvement of knowledge.

Nursing Services: The most important role of nurse is to provide awareness to the food poisoning among under five children. This study will help the nurse for promotion of health physical and mental, it also help the nurses to keep update knowledge regarding food poisoning.

CONCLUSION

This study assessed the food poisoning knowledge among mothers in Wardha district. The information could be used as a starting point to design education and training programs that can further improve their knowledge and can be translated into better and safer food handling practices. Food safety efforts generally tend to focus on food supply chains and the household domain of food handling and practices gets limited attention. Food handlers in households need effective and methodical education and training to safeguard themselves and their families from getting food-borne illnesses. It is, therefore, recommended that authorities, researchers, educators, media, and food safety communicators should initiate education programs, with special focus on the high-risk groups like mothers and food handlers at home to advance the food safety knowledge and safer food practices.

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