

## Awareness Camp on Mother and Child Health Care

On 27<sup>th</sup> July a mass health awareness camp for mothers and children was organized by Inner Wheel Clubs of Inner Wheel District 329 in association with S.B.Devi Charity Home.

### Graced By:

This occasion was graced by the presence of eminent guests like Dr. Bhabani Dhar District Chairman of District 329, Mrs. Monica Karmakar Community Service Advisor, Past District Chairman, Mrs. Shikha Sanyal Past District Chairman, Honorable Mr. Sudhanshu Sil M.P (Kolkata North west), Honorable Mr. Jeeban Prakash Saha MLA (Shyampukur), Mrs. Kalyani Mitra Member Mayor in Council, Mr. Deepak Kr. Dutta Officer In-charge (Burtolla Police Station), Ms. Nirnay Marjinary from West Bengal District Family Welfare Bureau and Mr. Sekhar Chattopadhyay General Secretary, S.B.Devi Charity Home. The members from 19 different Inner Wheel Clubs and all the members of S. B. Devi Charity Home were also present. Besides that a huge number of local people attended this camp.

### Camp:

Usually health check up camps are organized once in a blue moon by several organizations in which a mass health check-up is done without any provision for follow up and thus these camps are all in vain as they never subscribe a fragment for the general improvement of the health of the society.

### Concept with a difference:

The present camp was organized with the concept which is completely different. We got an idea about relative health of the mothers and children. Our main emphasis was on the assessment of knowledge, attitude and behaviour of the mothers and that of their children concerning health. This was done through a questionnaire which was based on Nutrition, Gynaecology, Pediatric and Mental Health.

We mainly focused on four aspects.

1. Nutritional status of the mothers and their children.
2. Gynaecological status of the mothers and whether or not she is suffering from any gynecological problems
3. Health status of the children
4. Mental health status specially focusing on mothers and children relationship.

Apart from this anthropometry measurements including BMI and waist hip ratio was taken.

Blood pressure, pulse, and Hb% was measured with provision for ECG tracing if needed.

The detection of status was done through the means of questionnaire covering the four aspects. Finally the scoring was counted.

### **Follow up and regular service:**

- Mothers and children with poor nutritional status and knowledge were counseled for the betterment of their health. An option was given for assessing a proper diet chart as befits each individual, later by a Nutritionist from S. B. Devi Charity Home clinic was let known and that too free of cost.
- Mothers and children who were suffering from diseases were given the option of being treated free of cost at S. B. Devi Charity Home as long as they wish.

### **Subject:**

About 100 mothers and more than 100 children attended this camp, but we were able to screen only 66 mothers because the rest were above the age of 45 years. Children from infants to the age of 10 years were considered.

### **Appreciation:**

From the score of the questionnaire we determined mothers and children who ranked 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. A token of appreciation was announced for **“Healthy mother and healthy child.”**

### **Salient findings:**

A total of 66 mothers with their children attended the camp out of which 61 completed all the assessments. The percentage of total marks, including all assessments, obtained by the mothers was more or less satisfactory. The maximum percentage obtained was 88% and the minimum was 57%.

**Blood Pressure:** 62% of the mothers were having blood pressure within normal range. 28% of them were having low blood pressure and 10% were having hypertension.

**Body Mass Index (BMI):** This is a good index for general nutritional status of an individual. 53% of the mothers were having BMI within normal range according to World Health Organization (WHO) standards showing good nutritional status. 17% were having low BMI showing that they were underweight and thereby having poor nutritional status, whereas 30% were having high BMI showing poor and imbalanced nutritional status. Out of the 30% mothers with high BMI, 23% was in the overweight category and 7% were in the obese category.

**Waist / Hip Ratio:** 35% of the mothers were having Waste / Hip Ratio within normal range. 65% were having high Waste / Hip Ratio and are at risk of having cardiac complications.

**Nutritional Assessment:** This was done to assess the general knowledge about food and nutrition of the mothers as well as their regular habit of consumption of various food items. 69% mother said that they are in the habit of taking 4 to 5 meals per day and the 31% said 3 to 4 meals per day. Regarding the question of consumption of rice or wheat as main cereal to maintain good health, 67% said only wheat, 2% said only rice and 31% said equal amount of rice and wheat.

46% of the mothers reported that in their family fresh green and other vegetables are consumed 3 to 4 times a day, whereas the other 54% reported these are consumed occasionally. Regarding the use of oil or ghee or butter as the best cooking media, 51% preferred oil, 47% preferred ghee or butter and 2% preferred none of them. 69% of the mothers preferred only refined oil or mastered oil as the best media for cooking, 28% preferred mixture of refined oil and mastered oil and 3% preferred none. Regarding taking extra salt while taking food, 59% said they are in this habit and other 41% said they are not. 72% of the mothers said that it is better to consume fresh cow milk, 25% said double toned milk and 3% said none of these. To maintain the haemoglobin level in blood, 54% of the mothers said that one has to eat iron rich foods, 33% said iron and vitamin-C rich foods and other 13% was not having any idea on this. Regarding the maintenance of good eyesight, 38% of the mothers preferred to consume either the green vegetables or the yellow or orange coloured fruits or vegetables, 38% preferred both the green vegetables and the yellow or orange coloured fruits or vegetables and 24 were not having any idea on this. To keep the skin healthy 34% preferred to consume fruits and vegetables, 25% preferred to consume other food items and 41% were ignorant of this. 41% of the mother said that it is good to take regular balanced diet along with regular physical exercise, 11% preferred reduced food, 30% preferred regular physical exercise to reduce body weight, whereas the remaining 18% had no idea about this. 54% of the mothers agreed that cooking oil should not be reheated again and again and reused for cooking, whereas 46% did not agree. 76% of the mothers said that vegetables should be washed after peeling and chopping and the other 24% said that it should be peeled and chopped after washing. 85% of the mothers agreed that rice should be cooked in pressure cooker and the other 15% did not agree. 93% of the mothers said that it is always better to cook all items in a closed vessel and only 7% did not agree. 56% mothers said that they were not in the habit of sieving the wheat flour, whereas the other 44% were having this habit.

***Gynaecological Assessment:*** This assessment was done for Sexually Transmitted Infection (STI) symptoms, immunization during pregnancy, family planning and self examination of breast for any lump or abnormalities. Regarding the STI symptoms 46% of the mothers reported per vaginal white discharge, 28% reported vaginal itching and 16% reported pimples or warts around vagina. 98% of the mothers reported that they have gone through the entire immunization schedule during their pregnancy. 46% of the mothers adopted family planning method for a small and manageable family. For family planning, 77% of the mothers preferred Ligation, 18% preferred Vasectomy and 5% were not any idea about these methods. 92% of the mothers were not in the habit of self examination of their breasts for any lump or any abnormality.

***Paediatrics Assessment:*** This assessment was done giving emphasis on breast feeding, weaning, Immunization and maintenance of good health and hygiene. Only 7% of the mothers said that they have more than two children. 76% of the mothers reported that they offered colostrums to their child after the birth and 92% reported that they continued breast feeding at least upto 6 months. 95% of the mothers reported that they followed the entire immunization schedule for their children. 51% of the mothers reported that they started the weaning period for their children with supplementary food from 8 months age, whereas other 49% reported that they started this period from 6 months age. 38% of the mothers reported correct weight according to the age for their children, whereas the other 62% reported either low or high weight for their children. 94% of the mothers reported that they give packed food, to be eaten during the recess at school, for

their school going children, so that the children can be prevented to take unhygienic ready to eat food available near the school site. 96% and 48% of the mothers reported that they developed the habit of washing hands before eating food and brushing the teeth after taking dinner respectively to their children. 59% of the mothers reported that they take their children to doctor within every 6 months for check up regarding their health and growth.

***Mental Health assessment:*** This assessment was done based on the attitude of the mothers towards their children. 44% of the mothers reported that they never send their child to a room or any corner in the house as punishment, whereas 36% reported almost always, 7% reported frequently and 13% reported sometimes they do this act. 38%, 13% and 9% of the mothers said that they almost always, frequently and sometimes respectively, spank their child in public for bad behavior, whereas remaining 40% said that they never indulge themselves in this act. 63% of the mothers said that they never threat her child that they report to her spouse about the child's bad behavior, whereas 13%, 2% and 22% said that they do this act always, frequently and sometimes respectively. 49% of the mothers said that they never tell her child that he or she is bad, whereas 31%, 7% and 13% of them almost always, frequently and sometimes respectively say this to her child. Regarding the scolding the child for playing with his or her private parts, 40% said almost always, 2% said frequently, 13% said sometimes and 45% said never do this. 69% of the mothers reported that almost always they praise their child for leaning new things, whereas 4%, 11% and 16% do this frequently, sometimes and never respectively. Regarding the question of 'spending at least one hour a day either playing with or reading to her child', the mothers response were as follows: 67% always, 2% frequently, 16% sometimes and 15% never. 91%, of the mothers said that they expect to have to do most things for their child almost always, whereas only 5% and 4% of them said frequently and never respectively. 69% of the mothers said that they never answer the child's questions about sex (such as how babies are born), whereas 22%, 5% and 4% said that they answer almost always, frequently and sometimes respectively. Regarding the question of 'child should be able to use the toilet without help', 80%, 9% and 11% of the mothers said almost always, frequently and never respectively. Regarding the question of 'the child has a regular bedtime routine (such as wash up, put on pajama, read a story, say a prayer)', 65%, 4%, 11% and 20% of the mothers said almost always, frequently, sometimes and never respectively.

***Blood Haemoglobin (Hb):*** Blood Hb% was within the normal range for almost all the mothers except two, who were having slightly lower levels showing anaemic tendency.

***ECG Findings:*** Out of 66 mothers ECG was done for 19 mothers as recommended by the doctors present in the camp. No abnormality was found in the ECG plotting for any of these mothers.

**Conclusion:** Participated mothers showed immense interest in this camp and whole heartedly co-operated with all the investigators. Throughout the programme both the mothers and their children were very much disciplined.

On an average participating mothers' were having appreciable knowledge regarding the aspects studied in this camp. Their attitude to maintain their own health and their children was more or

less satisfactory. Wherever they have any deficiency of knowledge our investigators with their whole hearted effort and care helped the mothers to upgrade their knowledge. For follow up and further necessary information mothers were asked to contact the doctors and the health workers at S.B.Devi Charity Home, Out Patient Clinic (OPC) on a schedule dates.

**Name of the awardees:**

**Mothers (Total Score: 396)**

Regn. No.	Mothers Name	Address	Score	Position
001/MCH/2007	Aparna Ghosh	2, Ananda Lane, Kolkata - 4	348	1 <sup>st</sup>
047/MCH/2007	Mallika Das	71A,DurgaCharanMitra Street, Kolkata - 6	345	2nd
015/MCH/2007	Santoshi Patra	26, Gulu Ostagar Lane, Kolkata - 6	335	3rd

**Children (Total Score: 44)**

Regn. No.	Mother	Child	Address	Score	Position
051/MCH/2007	Asha Shaw	Krish Shaw	42/1, Gulu Ostagar Lane, Kolkata- 6	43	1st
060/MCH/2007	Rita Das	Sugam Das	71A, Durga Charan Mitra Street , Kolkata - 6	42	2nd
041/MCH/2007	Shibani Roy	Baishakhi Roy	26, Durga Charan Mitra Street, Kolkata -6	41	3rd