Study of nutritional assessment in pediatric population of 0-5 year’s age group in pediatric ward of tertiary care hospital

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Aim: To assess the nutritional status and knowledge in care takers of child in pediatric age group of 0-5 years.

Method: Pre-validated questionnaire divided according to age group (0-6 months, 6-24 months and 2-5 years), based on IMNCI were given to caretakers of 100 pediatric patients below age of 5 years coming as in-patient in sir Takhtsinhji General Hospital, a tertiary care hospital.

Result: 24 of 0-6 months, 44 of 6-24 months, and 32 of 2-5 years of age group patients' caretakers were given questionnaire. Out of them 5, 15 and 11 were PEM patients. Breastfeeding was provided to all the children of 0-6 months, 41.82% of 6-24 months and not provided in 2-5 years age. Only 50% of 0-6 months, 43.18% of 6-24 months and 73.125% of 2-5 years was provided food according to IMNCI. 45.45% of frequently ill children got PEM. 70.83%, 45.45%, and 18.75% of caretakers were provided nutrition counselling for their children, which is very less. Association between illness and bad feeding practices with PEM was proved by Chi square test which came 3.85 and 4.481 respectively at p=0.05.

Conclusion: In this study there were total of 31% of PEM patients which were either frequently ill or were neglected with nutrition counseling. Malnutrition can be avoided with proper nutrition counseling, feeding practices and proper hygiene.

Biography
Devashish A Desai completed his schooling from New Era Senior Secondary School, Baroda in the year 2011 at the age of 17 and got admission in Government Medical College, Bhavnagar in 2014. Currently he is in third year of MBBS.

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