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## **The Assessment of Knowledge Regarding The Importance of Infant Nutrition among an Urban Sri Lankan Community**

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**Introduction:** Infant feeding is extremely important for the optimal growth and development of a child as it involves the rapid growth phase of the brain with the main development milestones. Though the global and local guidelines provide extensive recommendations, the actual knowledge of the urban mothers regarding the same remains unknown.

**Objective:** To identify the knowledge among urban Sri Lankan adult females regarding Infant feeding.

**Methods:** A descriptive cross sectional study was done on 135 conveniently selected urban Sri Lankan females using an online questionnaire & an interviewer based questionnaire.

**Results:** 61% were below 25yrs & with GCE A/L as the highest level of education. 68.4% agreed to be giving liquid food as the first type of food to the infant but 40.4% selected mashed rice as their preferred food item to be given after weaning is started. 44% started solid food at 9-10 months. 84.6%, 58.1% & 47.8% introduced the child to sweet food, salty food & biscuits at 1 year of age, respectively. 66.9% agreed to encouraging “Independent Eating” only at 1 year. Only 18.4% chose to sit at the dinner table for feeding and only 66% thought feeding time should be half an hour. Increases were seen in independent eating (4% to 7%) and in introducing biscuits (3% to 8%) with the higher numbers of children in the family.

**Conclusions:** Therefore, it can be said that there is a disparity between the knowledge that mothers have, with the application of said knowledge.

**Key words:** Infant nutrition, Infant feeding, Nursing in infant feeding

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## **Access of non-citizens to public health care services: Human rights standards and their implementation in Finland**

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The presentation deals with the issue of access of non-citizens to public health-care services in Finland. With this I build on the discussions regarding the equality in access to publicly funded health care services. I depart from overviewing the international law standards in the said sphere, including the jurisprudence of the European Court of Human Rights. Then I delve into the practices of implementing these standards in Finland wjocj guarantees the right to publicly funded health care to everyone who is legally residing within its territory. Hence, I inquire into the fundamentals of patient rights in Finland. I review the legal genesis of reconsideration of the status of non-citizens in situations of urgent medical interventions. I overview legal and administrative remedies for patient rights protection in Finland. I also argue for the necessity of the shift in official legal doctrine towards fuller recognition of individual patient rights, and the introduction of instances dealing with these rights such as, e.g. a patient ombudsman and independent national authority supervising health care services in Finland.

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