A study to assess the knowledge regarding prevention of 5F's (feaces, flies, fomitus, finger and food) diseases transmission among mothers of under five children in selected community area, Bangalore with the view to Develop an informational booklet.

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ABSTRACT:

Background of the study: The 5 F's, that infectious diseases are transmitted from one person to another are through food, finger, fluid, fomite, and faeces. Children who are still young and developing have little grasp of how contagious diseases spread and the health issues that affect them. A disease will result from an unhealthy lifestyle and activities among individuals. The main diseases that are caused by feaco-oral route are diarrhoea, cholera, polio, hepatitis.

Method: Quantitative research approach and Descriptive design was used in the present study. 30 mothers were selected by using Non –probability purposive sampling technique. Self-administered structured knowledge questionnaire is used to collect the data regarding prevention of five F's disease transmission. The data analysis of the study was done using descriptive and inferential statistics on the basis of objective and hypothesis of the study.

Result: The result showed that 3.3% participants have Adequate knowledge, 13.3% have moderate knowledge and 83.4% are having inadequate knowledge about prevention of 5 F'S diseases. Mean knowledge score obtained by mothers of under-five children was (9.73), mean percentage was (32.4%), median score was (8) with standard deviations (70.88).

Conclusion: The findings of the study have practical application in the field of nursing. A continuous awareness programme is necessary for the prevention of 5F's disease. This study enhances the student ability to think comprehensively when planning for prevention of 5F's diseases. This study helps the nurse educator plan to conduct an awareness programme in the community so that they can provide information about prevention of 5F's disease.

Key words: 5 F, Contagious, Feco-oral route, Transmission.

INTRODUCTION:

Infectious diseases are caused by pathogenic microorganisms such as bacteria, virus, parasites or fungi. These diseases can be spread directly or indirectly from one person to another. The transmission of these pathogenic microorganism can occur through the 5F's that is food, fluid, flies, fomites, faeces. The diseases caused due to this 5F's are diarrhoea, cholera, polio, and hepatitis.[1]

First ever estimates of the global burden of foodborne diseases show almost 1 in 10 people fall ill every year from eating contaminated food and 420 000 die as a result. Children under 5 years of age are at particularly high risk, with 125 000 children dying from foodborne diseases every year.[2]

In India only 21% of children who are still young and developing have little grasp of how contagious disease spread and the health issues that affect them. Some 1 million people are estimated to die each year from diarrhoea as a result of unsafe drinking-water, sanitation and hand hygiene. Yet diarrhoea is largely preventable, and the deaths of 395 000. children aged under 5 years could be avoided each year if these risk factors were addressed.[3]

Every year there are more than 700 000 deaths from diseases such as malaria, dengue, schistosomiasis, Human African trypanosomiasis, leishmaniosis, Chagas disease, yellow fever, Japanese encephalitis and onchocerciasis. The burden of these diseases is highest in tropical and subtropical areas, and they disproportionately affect the poorest populations.[4]

A study shows that each year diarrhoea kills around 443 832 children under 5 and an additional 50, 851 children aged 5 to 9 years. This shows that there is a lack of adequate knowledge among mothers regarding diarrhoea and its preventive measures. A study was conducted to assess the level of knowledge on prevention of 5f's (Finger, Food, Fluid, Flies and Faeces) disease transmission among mothers of under five children, the study shows that 66.67% of sample had inadequate knowledge and 33.33% had moderate knowledge.[5]

OBJECTIVES:

1. To assess the level of knowledge regarding the prevention of 5F's (food, fluid, flies, fomites, faeces) disease transmission among mothers of under five children in selected community areas.

2. To find the association between the level of knowledge regarding the prevention of 5F's (food, fluid, flies, fomites, faeces) disease transmission among mothers of under five children in selected community area.

3. To develop an information booklet on prevention of 5F's (food, fluids, flies, fomites, faeces) disease transmission.

MATERIALS AND METHODS:

Quantitative research approach and Descriptive design was used in the present study to assess the knowledge regarding prevention of 5F's disease transmission among mothers of under five children in selected community, Bangalore.

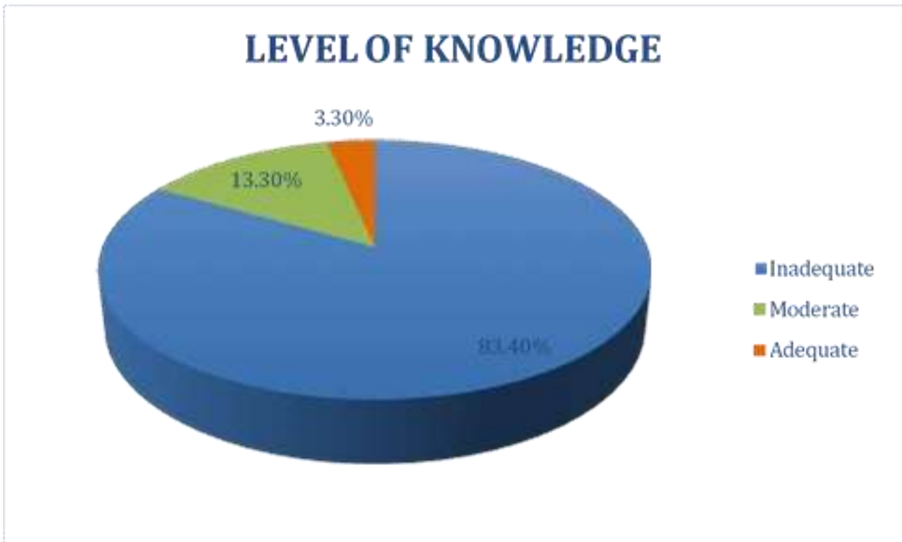
After collecting the formal permission from Medical Officer of PHC, mothers of under five children aged between 20-35 years were selected. In this research study, 30 mothers were selected by using Non – probability purposive sampling technique. Participates were explained about the study and written consent was taken from them.

Self-administered structured knowledge questionnaire is used to collect the data regarding prevention of five F's disease transmission.

The data analysis of the study was done using descriptive and inferential statistics on the basis of objective and hypothesis of the study. Mean, Median, standard deviation was used to assess the level of knowledge regarding prevention of five F's disease transmission. Chi square was used to associate the level of knowledge of mothers of under-five regarding five F's disease transmission with that of their selected demographic variables. The level of significance was set at 0.01 level of significance.

RESULT:

FIGURE 1: PIE CHART REPRESENTING DISTRIBUTION OF PARTICIPANTS BY LEVEL OF KNOWLEDGE



The above figure shows that 3.3% participants have Adequate knowledge, 13.3% have moderate knowledge and 83.4% are having inadequate knowledge about prevention of 5 F'S diseases

TABLE 1: DISTRIBUTION OF MOTHERS BY OVERALL MEAN KNOWLEDGE

SL. NO	NO. OF ITEMS	MAX SCORE	MEAN	MEAN PERCENTAGE	MEDIAN	SD
1.	30	20	9.73	32.4 %	8	18.65

The above table shows the mean knowledge score obtained by mothers of under-five children are (9.73), mean percentage are (32.4%), median score is (8) with standard deviations (70.88).

TABLE 2: ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND LEVEL OF KNOWLEDGE

VARIABLES	OPTIONS	x^2	P VALUE	df	RESULT
AGE	20-25	3.20	9.21	2	Not significant
	25-30				
	30-35				
RELIGION	Hindu	0.91	6.63	2	Not significant
	Christian				
	Muslim				
MARITAL	Married	0	9.21	1	Not significant

STATUS	Unmarried				
SOCIOECONOMIC STATUS	Low class	3.27	9.21	2	Not significant
	Middle class				
	High class				
EDUCATIONAL STATUS	Primary	32.82	9.21	2	Significant
	Secondary				
	Undergraduate				
OCCUPATION	Private	1.09	9.21	2	Not significant
	Government				
	Unemployed				
FAMILY INCOME	5000-15000	4.06	9.21	2	Not significant
	15000-25000				
	Above 25000				
NUMBER OF CHILDREN	1	10.25	9.21	2	Significant
	2				
	3				
AGE OF CHILDREN	0-1	2.75	9.21	2	Not significant
	2-3				
	4-5				
PRACTICE IN HANDWASHING TECHNIQUE	Yes	1.65	6.63	1	Not significant
	No				

The above table shows that there is a no significant association between Age (x^2 -3.20) and level of knowledge. Religion (x^2 -0.91), Marital status (x^2 -0), Socio economic status (x^2 -3.27), Occupation (x^2-1.09), Family income (x^2-4.06), Age of children (x^2-2.75), Practice in handwashing technique (x^2-1.65). There is a significant association between Educational status (x^2-32.82), Number of children (x^2-10.25) and the level of knowledge at P <0.01 level of significance.

CONCLUSION:

The study findings provide insight on the direction of Community Health Nursing's intervention for mothers of under-five children as to enhance their knowledge of level regarding prevention of 5F's diseases transmission.

The findings of the result show that only (3.3%) mothers have adequate knowledge about prevention of 5F's diseases. Majority of the mothers (83.4%) are having inadequate knowledge about prevention of 5F's diseases. So, the mothers of under five children need to be made aware about importance of prevention of 5F's disease through various awareness programme at community level.

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