

News and Views

Research Methodology Course for BSc 4th Year Nurses of Ad-din Women's Medical College through Medical Research Unit (MRU)

We are pleased to announce that, through the Medical Research Unit, we have taught our BSc 4th Year Nurses at Ad-din Women's Medical College in research methodology and biostatistics, which will lead to a dissertation. The three groups (Groups A, B, and C) that had successfully finished their course from 20 October 2021 to 30 August 2022.

The following topics were covered in the research methods course:

1. Research methodology: Definition/Study kinds (Qualitative & Quantitative), Literature search, Project preparation: Protocol writing, sample technique/Size, Scientific report writing, Study design, Questionnaire preparation (open, closed, hybrid), and administrative work among research population.
2. Data management, field/hospital-based data collecting, data input (Microsoft Excel/SPSS), and data analysis: SPSS, Win 23.0

Ultimately, all groups successfully defended their dissertations and received high scores.

The abstract of three groups are following-

GROUP-A: KNOWLEDGE BASED BEHAVIORAL AWARENESS ON CHILDHOOD MALNUTRITION AMONG THE MOTHER'S ATTENDING AD-DIN WOMEN'S MEDICAL COLLEGE HOSPITAL

Abstract

Background: Malnutrition, as defined by the WHO as deficiencies, excesses or imbalances in energy and/or nutrients that a person intake leading to under nutrition and/or, overweight remain a huge public health challenge, globally. Though consequence of

malnutrition remains life-threatening it remains reversible on early diagnosis and treatment. Guessing the in-depth problem of childhood malnutrition in Bangladesh, we assessed the knowledge-based behavioral awareness on childhood malnutrition among mothers that remain essential for better child survival, health, and, cognition.

Objectives: To assess the knowledge-based behavioral awareness on childhood malnutrition among of mothers attending Ad-din Medical College Hospital.

Methodology: Hospital-based cross-sectional survey performed during Dec 2021 through May 2022. A total of 150 mothers aged >18-35 years attending the pediatric departments at the AWMCH, Dhaka.

Result: Of total 150 mothers (mean age 25 ± 3.3 years), 70 (47%) could define malnutrition correctly as 'deficient in nutrition level due to less food intake', followed by 19 (13%) child gets cranky, cries out often, irritable mood, denies to eat' and 15 (10%) child becomes more passive and avoid to walk. However, 46 mothers (31%) had less/no knowledge on malnutrition. On enquiring types of malnutrition if they know, 26% mothers said the child gets lean and thin with budged tummy (Marasmus), 8% Looks lethargic but swollen (Kwashiorkor), and 3% opted for both types but very weak (Marasmus-kwashiorkor). On-an-average, ~31.5% could answer more specifically that their children got very weak, thin, and lethargic (under-nutrition).

Moreover 96% revealed to introduce colostrum to child right after birth and 47% mother revealed good knowledge on the impact of childhood vaccination that it may impact on reducing malnutrition, while 28% mother opined neutral but 15% mothers did not know about malnutrition.

Interestingly, ~90% mothers had a good knowledge on EBF (exclusive breast feeding) while 11 had no idea. While 48% knew about balanced diet (rich in protein, carbohydrate and fat) but 41% knew it partially. However only 11% mothers feed balanced diet to their children but not in most.

Conclusion: Findings of this cross-sectional survey yielded that majority of mothers, interviewed, knew about childhood malnutrition quite well but >half of them remain unaware of hygienic practices and plausible risk factors of malnutrition. Since this study was conducted only in AWMCH, our findings should be interpreted cautiously unless other better designed long-term studies prove it to agree or refute. Our data, however, cannot claim to represent country's total scenario.

GROUP B: PERCEIVED KNOWLEDGE ON BREAST CANCER AMONG ADULT FEMALE PATIENTS ATTENDING AD-DIN WOMEN'S MEDICAL COLLEGE HOSPITAL

Abstract

Background: Structure of breast consists of complex network of various tissues and tiny, tube-like structures rich in blood and lymph nodes as a bean-shaped organ that help fight against infection. And, cancer, a condition where healthy breast cells change and grow forming uncontrollable mass or sheets called tumor particularly of malignant type, that grows locally but spread out to other parts of body via metastasis. Since breast cancer (Br-Ca) is the most commonly frequent malignancy being the highest fatality rates among women, worldwide. Moreover, the incidence, morbidity, and mortality rate of Br-CA is globally rampant being reported as the leading cause of global cancer in 2020. Global estimate of Br-CA remains 2.3 million 11.7% being new cases that the WHO report a fatality of 685,000 females in 2020. Since it is so important for the females to know about Br-CA, its clinico-epidemiology and early diagnosis to prevent related morbidity and mortality, we therefore, conducted this study, as one of the prime importance for women, worldwide.

Objectives: To evaluate the knowledge, awareness and perceived barriers among females attending this tertiary care hospital (AWMCH) regarding the breast cancer in good details.

Methods: Cross-sectional hospital-based survey conducted during December 2021 to May 2022. The total study subjects were 250, 18-55 years-old adult females attending various wards of AWMCH.

Results: While most women (64%) lack knowledge on breast cancer, 36% had no idea. Also revealed that knowledge about breast cancer cause lacking of breast feeding known by (63.6%) respondents, (36.4%) respondents had no idea. In this study, (76.8%) respondents had idea about prevention of breast cancer (23.2%) respondents had no idea about the prevention. Age of the patients is significantly associated with educational level. Here, P-value $P < 0.001$.

Conclusion: Educational interventions and proper, appropriate and socially acceptable awareness programs will help to gain knowledge and awareness by addressing barriers regarding breast cancer among the females in Bangladesh.

GROUP C: PERCEIVED KNOWLEDGE AND BEHAVIOR ON WEANING FOOD OF MOTHERS ATTENDING AT THE DEPARTMENT OF PEDIATRICS, AWMCH, DHAKA

Abstract

Background: Breast milk remains sufficient to meet child's nutritional requirement up to 6 months. After that the young children require complementary feeding to ensure adequate nutrition supply (both macro-and-micro nutrients) that ultimately leads to a healthy young/adolescent. Since, weaning period plays a vital role in the growth and development of child's life, it is imperative that every mother should know on appropriate weaning practice as an essential issue to grow their children healthy, nutritious and happy. Not only that proper weaning assists to develop child's better nutrition and in developing child's cognition, too. We, therefore, conducted this study to assess mothers' knowledge on proper weaning.

Objective: To assess the knowledge and behavior of mothers regarding weaning food and children's health and hygiene.

Methods: This cross-sectionally designed observational study was conducted at the Department of Pediatrics,

Ad-din Women's Medical College and Hospital (AWMCH), Maghbazar, Dhaka. Data were collected using face to face interview utilizing a pre-tested structured questionnaire. The study populations were mothers having at least 1 child who attended the pediatric ward of AWMCH. Data was collected by us- the 4th year BSc nursing students in pediatric wards (assisted by a pediatrician and a nutritionist).

Result: Our findings showed 85% respondents used to breast feed their children exclusively to while 15% did not. Among mothers, who gave their children complementary food (CF): 25% gave it twice/daily, 31% thrice/daily, 37% four-times a day and 7% gave it 5 times/day. Finally, our findings yielded a positive correlation between mothers' education with their knowledge ($p < 0.02$), significantly, in feeding their children packaged baby-food.

Conclusion: Our findings revealed that most mothers have a good knowledge in practicing appropriate weaning food. Most of the mothers know the suitable age to start giving complementary food as well as the right composition of weaning food. However, family size and monthly income did not impact on appropriate weaning practice.

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