

## RESIDENTIAL FIELD SITE TRAINING PROJECT ABSTRACTS

46th Batch, Session: 2003-2004, 4th year MBBS Students, CMC

### 1. Study on nutritional status of the under-5 children of a selected rural community of Bangladesh

This was a descriptive study undertaken to assess the nutritional status of under-5 children and to determine the impact of some socio-demographic and health related factors on it. Data were drawn from a cross-sectional field survey, conducted in June, 2007 at Khoyachara village of Mirsarai sub-district under Chittagong, Bangladesh, by using semi-structured questionnaire from a representative sample of 144 under-5 children. The nutritional status was assessed by Gomez classification using anthropometric index "Weight for Age".

The result indicated that only 24.3% were well nourished: whereas majority (75.7%) were suffering from varying degrees of malnutrition (38.2% mild, 27.1% moderate and 10.4% severe malnutrition). The study revealed that among well nourished children, major proportion belonged to upper middle class (42.9%), were of birth order 01(51.4%), had their fathers in business, mothers educated upto secondary level, were completely vaccinated (100%), took colostrums as pre-lacteal food (91.4%), and started weaning at 6 months with mixed food. On the other hand, as far as their malnourished counterparts were considered, majority of them belonged to lower middle class (74.5% of mildly & 58.9% of moderately malnourished) or lower class (80% of severely malnourished), were of 2nd or 3rd birth order, had father in small trader or day laborers, started weaning after 6 months with carbohydrate. Majority of severely malnourished (80%) were partially vaccinated, had illiterate mothers (46.6%), took bottle feeding as pre-weaning food (80%) and 100% had past history of diseases. These findings had shown that the factors affecting malnutrition were like low socio-economic status, parent's illiteracy, birth order of 2 or 3, partially vaccinated status, bottle feeding as pre-weaning food, honey as pre-lacteal food and delayed age of weaning (>6 months). But the factors like father's age, mother's occupation and intake of vit-A capsule during lactation period appeared to have little influence on nutritional status.

### 2. Study on parity pattern and attitude towards the same among the married women in a selected Upazilla of Chittagong.

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Teacher & Guide: Dr. Fateha Akhter, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong

**Abstract:** A descriptive type of cross-sectional study was conducted in a village of Mirsarai sub-district under Chittagong, among 203 married women to find out their parity pattern and attitude towards the same. Data were collected by interview method using convenient sampling technique.

It was documented that more than half (58.0%) of the respondents had 3 or more children and 42.0% had 1-2 children. Major proportion (45%) of respondents in lower-class had 3-4 children, whereas those who belonged to socio-economic class of lower-middle and above had 1-2 children. Among the respondents majority (35.0%) were educated up to primary level & their husband in secondary (32.5%). Irrespective of socio-economic class difference & level of education most of the respondents got married (78.3%) and got their 1st child (57.64%) before 20 years of age. Majority (54%) of illiterate respondents became mothers of 1st child within 1 year of marriage but the respondents who had passed SSC (75.0%) and HSC (63.0%) became mother of 1st child after 1-2 years of marriage.

Although less than half (42%) of the respondents had 1-2 children and 20% of them had >5 children but majority (67.5%) of them preferred 2 children, 28.5% preferred 3 and 3.9% were in favour of 4 children. This study revealed that only half (50.7%) of the respondents had proper knowledge about legal age of marriage (18 yrs) and 15.8% of them had no idea about this, but irrespective of education most (69.0%) of the respondents preferred >18 years and only 4% of them gave their opinion in favour of <18 years as the age of marriage. It was also found that majority of respondents independent of their

different socio-economic classes preferred 2 children and a few proportion of lower & lower-middle class (9% and 4% respectively) preferred to 4 children. This study suggested that people have to be motivated properly about the benefits of a small family and thereby contribute to the economic and social advancement of a densely populated country like Bangladesh.

### **3. A study on prevalence of hypertension among adult people in a selected rural community**

Students: 162 Iftekharul Islam Khan, 163 Riashat Azim Majumder, 165 Sharmin Ahmed, 166 Ruhul Amin Munshi, 169 Sabrina Afrin Chowdhury, 171 Suman Kundu, 172 Umme Salma Shilpi

Teacher & Guide: Dr. Sayeed Mahmud, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

Abstract: The aim of this study was to assess the prevalence of hypertension among the people of above 30 years age group and its relation with environmental & demographic determinants. It was a cross-sectional type of descriptive study in which 103 individuals were included conveniently. Data were collected in May, 2007 by face to face interview using prepared questionnaire. Majority of the respondents was female (63%) and belonged to the age group of 31-40 years (32%). Regarding occupation most of respondents (62%) were housewives & had a sedentary lifestyle. Majority of the respondents (46%) were illiterate and only 4% were graduate and above level of education. Most of the respondents (69%) were of lower middle class family and none were from upper class. Most (83.0%) of the respondents consumed mixed type of food and only 2% mentioned about fat rich food. The 15% were vegetarian. The study revealed that 21.0% respondents had blood pressure above normal range and 52.0% of them had a positive family history of hypertension. A large proportion (37.0%) of the hypertensive respondents were treated with diuretics. Others were treated with beta blockers (22%), ACE inhibitors (18%), angiotensin receptor antagonists (15%), herbal medicine (07%) and calcium channel blockers (06%). Regarding drug intake majority (67%) did not practice it regularly. Most (90.5%) of the respondents used to take added salt in the diet. Smokers were 38.0% but none of them consumed alcohol. This study will trigger others to perform larger and in-depth study

for detection of nationwide prevalence of hypertension.

### **4. A study on knowledge on Hepatitis-B and practice of prevention by vaccination among the rural people of Mirsarai, Chittagong.**

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Teacher & Guide: Dr. Karimun Nahar, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

Abstract: This was a descriptive study conducted in September, 2007 with the aim to assess the current status of knowledge on hepatitis-B and practice of vaccination in a rural area of Mirsarai, Chittagong. Data were collected by interview method using pre-tested questionnaires. Majority of the respondents were in 21-30 years of age (40.38%), female (67.31%) & housewife (61.50%) by occupation. A large portion (36.54%) were illiterate and only 6.76% graduate and above level of education. Respondents were mainly (62.50%) from lower-middle or middle class family.

The results of the study that revealed that majority of people had no prior knowledge on hepatitis B (59.62%), its mode of transmission (98.9%), signs-symptoms (68.0%) and even the consequences (78.85%) of the disease. More than 80.0% had no idea regarding its treatment. Large majority (41.91%) attended the traditional healers for their ailments. A reasonable proportion had no idea on hepatitis-B vaccine (61.53%), its dose (94.0%) and place (50.0%) of availability of vaccine. Only 24% population knew that hepatitis-B vaccine included in EPI program. The study revealed increase emphasis should be given on the information about the severity and complications of viral hepatitis. Motivation should be performed properly for vaccination of the disease. Vaccination coverage should be increased and at the same time it should be monitored properly to make the program successful.

### **5. Socio-demographic differentials and characteristics of home delivery practices in a rural community of Mirsarai, Chittagong.**

Students: 158 Humaira Monzur, 161 Farah Sul Lail,

162 Ishrat Jahan, 167 Irin Binta Sultana, 168 Shahana Khanam, 171 Taslima Akber Happy, 172 Tanvir Ahmed 173 Fahima Sharmin, Iftekhar Ul Islam Khan.

**Teacher & Guide:** Dr Md. Zahid Hossain Sharif, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

**Abstract:** This study was conducted in May, 2007 among women of reproductive age in Osmanpur village of Mirsarai Upazilla with the objective to determine the birthing practices among themselves. This was a descriptive type of cross-sectional study. A total of 89 individuals were selected on the basis of non probability convenience sampling method. Among the respondents 91.01% were housewives and 16.85% were illiterate. Majority (85.39%) got married in-between the age of 15-19 years. 66.29% attended for antenatal checkup and 78.65% received TT vaccine during pregnancy period. A notable percentage (43.82%) of respondents was in 17-18 years age during their 1st delivery. Most (96.27%) of the deliveries were performed at home. It was mainly (32.58%) assisted by untrained dais and 91.01% were normal vaginal delivery. 82.02% respondents maintained cleanliness during delivery. 79.73% respondents delivered safely without any complication. Awareness among the mothers and their husbands to perform routine antenatal check up, TT vaccination and delivery by trained health personnel are recommended.