

Effectiveness of Hyderabad mix on weight among malnourished Under five children in selected Anganwadi, Puducherry.

B.Sudha¹, Ph.d Scholar, Dept. Of Child Health Nursing, Vinayaka Missions College Of Nursing, Vinayaka Missions Research Foundation, Salem.

Dr.V.Selvanayaki², Research Guide,Principal, Vinayaka Missions Annapoorna College Of Nursing, Vinayaka Missions Research Foundation, Salem.

INTRODUCTION

In India, gross malnutrition is said to kill around 5, 00,000 of our infants and children every year. This is quite understandable in view of the fact that around three-fourth of our pediatric population is suffering from one or another nutritional deficiency. Around 25% of the pediatric beds are occupied by patients whose major problem is malnutrition.

Children with mild to moderate malnutrition are best managed in their own homes and kept under surveillance so as to find out improvement or deterioration in their nutritional status. The parents of such children can be enlightened about the inadequacy in child's intake and guided how to correct it. Nutritional preparation by National Institute of Hyderabad called "Hyderabad Mix" was found beneficial in managing mild to moderate malnutrition at home level. The stress is given on the locally available economic foods rather than on expensive tinned protein preparations which should be reserve for special situations. The parents must be appraised of the value of carbohydrates and the rationale of giving liberal amounts of semisolid and solid food. Domiciliary treatment brings most of the times gratifying results and it also reduces unnecessary hospitalization and in addition enlightens family members regarding nutritional importance.

NEED FOR THE STUDY

Children are the wealth of tomorrow; take care of them, if you wish to have a strong India ever ready to meet various challenges.

- **Pandit Jawaharlal Nehru**

Good nutrition is essential for proper growth during childhood. To grow up healthy, with vitality and energy, children need adequate nutrition. Insufficient food will hinder growth. Undernourished not only retards physical development but also social and economic development.

According to WHO estimates, globally, around 9.2 million under five children died. It is estimated that globally the mortality of children aged less than 5 years is 68 per 1000 live birth (27%). India account for 2.1 million children dying below 5 years though the mortality has declined by 31% between 1990 and 2006.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of Hyderabad mix on weight among malnourished children in selected Anganwadi.

OBJECTIVES

- To screen children for protein energy malnutrition
- To assess the effectiveness of Hyderabad mix on weight among under five malnourished children

RESEARCH APPROACH

Quantitative research approach was used for the present study.

RESEARCH DESIGN

Quasi experimental research with pre and post test control group design was chosen for this study.

SETTING OF THE STUDY

This study was conducted at Anganwadi centre, Manamedu (post) Bahour Commune, Puducherry. It is situated 14kilometeraway from Puducherry town. Total number of children in this Anganwadi was 47. In which 23 were male children and 24were female children. The children come to Anganwadi 6 days in a week. The children are taken care by Anganwadi mother.

POPULATION

The population of the present study was all under five malnourished children in Anganwadi Center, Manamedu, and Puducherry.

SAMPLE

Sample is a subset of the population that is selected by investigator to participate in research project.

Underfive malnourished children in selected Anganwadi center who fulfills the inclusion criteria.

SAMPLING TECHNIQUE

The convenient sampling technique was carried out to select the study subject.

SAMPLING SIZE

The sample is the subset of population size. 30 malnourished under five children were selected for this study. They were divided into 15 in experimental group and 15 in control group.

Criteria for sample selection:

- The under five malnourished children attending the Anganwadi centers.
- Mothers who are willing to participate in the study.
- Children who can speak and write Tamil language.

Exclusion criteria

- All Children who does not co-operate during the time of the data collection.

Development and description of tools.

The tool was developed with the guidance of experts and literature review

The following steps were carried out in the preparing the tool.

Part A: It consists of demographic variables of under five years.

Part B: Assessment of nutritional level

Part C: Hyderabad mix recipe

PART A: Structure interview schedule

The investigator used the demographic variables such as age, gender, Educational status, Type of family, Religion, Family income, source of information.

PART B: Assessment of nutritional level

Percentage of malnutrition was calculated by using formula:

$$\text{Degree Of Malnutrition} = \frac{\text{Actual weight}}{\text{Expected weight}} \times 100$$

Degree of malnutrition is classified based on IAP classification.

.PART C: Hyderabad mix recipe

Roasted bengal gram -10gm, Roasted ground nut – 10gms, Roasted black gram – 10gm , Roasted Maize – 10gm, syrup of gaggery – 10gm are dry roasted and grinder in fine powder then mixed with hot water and made into small balls weighing 50 gms

Findings related to degree of malnutrition .

Out of 43 children, 13 (87%) children's has mild level of malnutrition 16(86%), had moderate level of malnutrition, and 1 (6%) had severe level of malnutrition , only 12 had normal level of nutrition .

Findings related to effectiveness of hydrabad mix on malnutrition among under five malnourished children .

Regarding pretest level of malnutrition in experimental group 6(40%) had mild level of malnutrition ,most of the children .8 (53%) had moderate level of malnutrition and 1 (6%) had severe level of malnutrition .where as in the control group about 7 (46%) children's had mild level and 8(53%) children had moderate level of malnutrition .

With regard to post test level of malnutrition 1(7%) children in experimental group and 6(40%) children in control group had mild level of malnutrition where as 14 (93%) and 9(60%) children had normal level of malnutrition in experimental group and control group respectively.

The finding revealed that there was highly significant difference in study group with paired "t" value of at $p < 0.5$ and was not significant in control group with paired t value of 0.18 at $p > 0.05$ It shows that after the administration of Hyderabad mix there was highly significant improvement in malnutrition level in experimental group $p < 0.5$ level of significance . hence the stated hypothesis H1-there will be significant different between the level of malnutrition before and after administration of hydrabad mix among under five malnourished children in experimental group was accepted.

Association could not be done as the sample size is less and the cells have frequencies less than 5.hence the hypothesis H2 could not be proved.

The above findings insisted that nurses should take active role in improvement of the health status of children especially in reducing malnutrition.

IMPLICATION:**NURSING PRACTICE:**

- ❖ Distributing Hyderabad mix at the Anganwadi Centre, will be helpful among children who are living in a society with malnutrition.
- ❖ This can be implemented in pediatric nursing practice in the ward of the children who is diagnosed as malnourished.

NURSING EDUCATION:

- ❖ The institutes of nursing education should play an active role in educating the students regarding Hyderabad mix.
- ❖ The students should be prepared for imparting health education, nutrition education to the community
- ❖ The school curriculum should be designed in such a way to motivate the students to take nutritious food.

NURSING ADMINISTRATION:

- ❖ The findings of the study will help the nurse administrator to organize awareness programmes in schools and health education programme for nurses and parents.

NURSING RESEARCH:

- ❖ Apply this research findings while taking care of the children who is diagnosed as malnutrition.
- ❖ Hyderabad mix is very efficient in improving the weight among malnourished children .This mix should be incorporated in a day to day pediatric nursing practice.

RECOMMENDATIONS:

On the basic of findings of the study it is recommended that

- ❖ .A longitudinal study can be done to assess the morbidity status of malnourished children.
- ❖ A descriptive study can be done to assess the prevalence of malnutrition among under five children.
- ❖ A correlation study can be done between the gestational age of the child and malnutrition status.
- ❖ A comparative study on prevalence of malnutrition in urban and rural area can done among under five children.

CONCLUSION:

Majority of the children are having malnutrition .This study suggested that Hyderabad mix is effective and cost effective in improving the nutrition status and can be implemented in daily living to have a healthy life.

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