

**A Study on Maternal and Child Health
Care Practices of Dhupoo VDC,
Shankhuwa Sava District**

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LETTER OF RECOMMENDATION

This is to certify that Mr. Raj Kumar Panta has completed this thesis on “**Maternal and Child Health Care Practices: A Study of Dhupoo VDC of Shankhuwa Sava, District**” under my guidance and supervision. I recommend it for final approval and acceptance.

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Date: 2011

LETTER OF APPROVAL

This thesis submitted to the Department of Health Education, Sukuna Multiple Campus of Tribhuvan University, by Mr. Raj Kumar Panta, entitled “**Maternal and Child Health Care Practices: A Study of Dhupoo VDC, Shankhuwa Sava District,**” has been approved by the undersigned members of Thesis Committee.

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ABSTRACT

The study, "Maternal and Child Health Care Practices: A Study below of 5 years child in Dhupoo VDC, Shankhuwa Sava District" has been carried out to assess the health care practices of a rural area of Nepal. It tries to find out the socioeconomic and demographic characteristics; to assess the antenatal care, delivery and postnatal care practices; and to examine the practice of colostrums feeding, breastfeeding, child immunization, and additional food feeding by rural women.

A total of 120 respondent mothers were interviewed on maternal and child health care, and 36 respondents were taken for focus group discussion. For key informant interview, the chairperson of health post, volunteers, social worker, TBA, etc., were consulted. Therefore population of study area is 120.

In the study area, ages of the respondents are between 15-45 years. Among them, 29.16(35) percent women were married at early age (15-20 years), and literacy rate of the women has been found satisfactory. 75% respondents are landless and most of the respondents are housewives. Regarding health care practices, around 90 percent of the respondents were found that they go for health checkup during pregnancy, and 56.86% of the total mothers have taken more than two doses of TT injection during their pregnancy period.

The study has confirmed that around 68.33% of the mothers delivered their babies in hospital and 31.67% mothers delivered at their own homes. All of the respondents had fed colostrums and 73.34% respondents have breastfed for more than two years.

Overall, although the findings suggest that these practices are satisfactory from a national level point of view, their performance can be said below par if we compare it to other villages. Women's social status, unavailability of infrastructure, weak awareness's transmission along with their low economic and political status as well as their occupations is seen to be responsible for their somewhat low performance on maternal and child health care.

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ABBREVIATION

ANM	Auxiliary Nurse Midwife
ARI	Acute Respiratory Infection
BCG	Bacillus Calmette-Guerin
CDD	Control of Diarrheal Diseases
DFID	Department for International Development
DPT	Diphtheria, Pertussis and Tetanus (Vaccine)
ICP	International Classification of Disease Code
ICPD	International Conference of Population
LBW	Low Birth Weight
MDGs	Millennium Development Goals
MoH	Ministry of Health
NDHS	Nepal Demographic and Health Survey
NPC	National Planning Commission
TBA	Traditional Birth Attendant
TT	Tetanus Toxoid
UN	United Nations
UNICEF	United Nation Children's Emergency Fund
UNIFEM	United Nations Development Fund for Women
UNFPA	United Nations Fund for Population Activities
VDC	Village Development Committee
WHO	World Health Organization