

**MATERNAL AND CHILD HEALTH CARE PRACTICES
AMONG RAUTE COMMUNITY**

(A Case Study in Jogbudha and Sirsha VDCs of Dadeldhura District)

SUBMITTED BY

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LETTER OF RECOMMENDATION

This dissertation work entitled "**Maternal and Child Health Care Practices among Raute Community of Jogbudha and Sirsha VDCs, Dadelshura District**" by Kul Bahadur Thapa, is prepared under my supervision for the partial fulfillment of the requirement for the Degree of Master of Arts in Population Studies. To the best of my knowledge, the study is original and carries useful information about maternal and child health. Therefore, I recommend it for evaluation to the Dissertation Committee.

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This dissertation entitled "**Maternal and Child Health Care Practices among Raute Community (A Case Study of Jogbudha and Sirsha VDCs, Dadeldhura District)**" by Kul Bahadur Thapa has been accepted as partial fulfillment of requirement for the Degree of Master of Arts in Population Studies.

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ABSTRACT

The study on "**Maternal and Child Health Care Practices among Raute Community**" is carried out based on primary data collected from the Jogbudha and Sirsha VDCs, Dadeldhura District. The main objective of the study is to assess maternal and child health care practices in Raute community. The specific objectives are to assess socio- economic and demographic characteristics of the Rautes, to examine the status of maternal and child health care practices among Rautes, and to examine the differential in maternal and child health care practices among background characteristics of the Rautes.

According to the 10th National Population Census 2001, the total population of Rautes are 658 (346 males and 312 females) and they were found in 29 districts. In the study area, the total population is 378 of which 192 are males and 186 are females. The sex ratio is found to be 103.2. Among the 5 years and above household population 70.04 percent females are illiterate and 66.09 percent male population are illiterate. More than 60 percent population (male and female) are engaged in daily wages work and only 17.5 percent male and female population are engaged in agriculture sector. Early age at marriage is most prevailing in the community. The result also indicates that the educational status of respondents is very low.

Regarding health care, only 36.6 percent of the total respondents received antenatal services during pregnancy. Among those who had received antenatal services, the highest proportion women were served by VHW/MCHWs and the proportion of receiving antenatal care from trained

health personnel was very low. The coverage of TT injection was very poor in the community, since the coverage of full doses of TT injection was only 23.9 percent.

Most of the children were delivered at home, 90.2 percent with assistance of TBAs or family members/relatives. Only 9.8 percent of total delivery was assisted by trained health personnel.

While studying the post-natal care practices, the result was found most satisfactory than antenatal and delivery care practices. In this study, the majority of mothers made colostrums feeding for their births, that is 48.7 percent. Duration of breastfeeding was found two years and satisfactory result was observed in supplementary food practices.

In the reference of child immunization practice, around 40 percent and above children did not received any vaccines within the proper time and the prevalence of fever and diarrhoea were high for female children. General knowledge of oral rehydration salts (ORS) is wide spread among mothers (95.8 %). When asked about specific eating and drinking for sick children, the finding were less encouraging.

The overall observation of the study revealed that the MCH care practice is inversely related with mother's age and parity, and positively associated with the respondent's education.

DEDICATION

***TO MY IDEAL PARENTS WHO DEVOTES THEIR
ENTIRE LIFE TO MAKE ME WHAT I AM TODAY***

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ACRONYMS

ANC	Antenatal Care
ANM	Auxiliary Nurse Midwife
CBS	Central Bureau of Statistics
CDPS	Central Department of Population Studies
CEPB	Children Ever Born
DHS	Demographic Health Survey
FCHV	Female Community Health Volunteer
FHD	Family Health Division
FP	Family Planning
HA	Health Assistant
HP	Health Post
INGO	International Non-Government Organization
MCHW	Maternal and Child Health Workers
MMR	Maternal Mortality Rate
NGO	Non – Government Organization
PHC	Primary Health Care
TBA	Trained Birth Attendants
TT	Tetanus Toxoid
UNFPA	United Nations Population Fund
UNICEF	United Nations Children’s Emergency Fund
VDC	Village Development Committee
VHW	Village Health Worker
WHO	World Health Organization