

Home health practices of mothers with children less than three years in relation to acute respiratory infections and diarrhoeal diseases in MOH area Kalawana in Ratnapura district.

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This cross sectional study was done to identify the home health care practices that rural mothers would adopt in prevention and home management of diarrhoea and acute respiratory tract infections among children less than three years. Data on current and intended care practices of rural mothers was obtained by using a pretested interviewer administered questionnaire. The study population was mothers with children 0-3 years age group. The results of the study suggested that most rural mothers in this MOH area had positive practices that need strengthening. Some negative practices were identified regarding, formula feeding using feeding bottles instead of cup and spoon, not washing hands of the child before feeding and not keeping food covered to prevent contamination. Practices of mothers on home management of acute respiratory tract infections especially management of cough, ear pain or ear discharge was found to be less satisfactory and their practices on prevention of acute respiratory tract infections was also poor. It is recommended to strengthen the country child health programme to reinforce the positive care practices while correcting the negative practices identified in order to reduce morbidity mortality due to diarrhea acute respiratory tract infections.