

ROLE OF INTEGRATED WELL CHILD CARE PROGRAM IN IDENTIFICATION OF HEALTH RISK FACTORS IN CHILDREN UNDER EIGHT YEARS OLD

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Background & aims: Integrated well child care program is one of the most important changes in children growth monitoring. This program enables the health workers to visit children and their families routinely and provides a standard system of well children screening.

The aim of study was to determine health risk factors of children under eight years old.

Methods: This is a cross-sectional study which obtained data from 1874 children's health records. Samples were chosen through cluster sampling which included eight health centers in Rasht, Iran. Health risk factors assessed included potential bacterial infection, icter, malnutrition or severe low weight, dysfunctional weight growth, severe low height, dysfunctional height growth, abnormal and unsatisfactory head circumference, nutritional problems, dental problems, developmental problems, incomplete vaccination, incomplete use of complements and abnormal laboratory tests. Also demographic characteristics such as sex, birth weight and age of at health care received were assessed.

Results: The most common health risk factors respectively included: weight growth problems 56.8%, nutritional problems 22.3% and unsatisfactory head circumference 10.4%. There was a significant relationship between dysfunctional weight growth, nutritional problems, unsatisfactory head circumference and birth weight, age of health care received.

Conclusion: Dysfunctional weight growth makes up for more than half of health risk factors. The most of weight growth problems were seen at age of seventh month (94.2%) that may be related to beginning of beikost. Integrated well child care program well identified health risk factors in children under 8 years old.