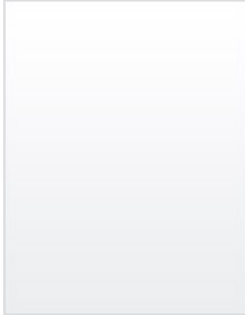


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Nutritional Education Regarding Ante Natal Care: Improving Knowledge, Attitudes, and Behaviors of Health Cadres

 Author: [Sri Achadi Nugraheni](#); [Martha Irene Kartasurya](#); [Nur Endah Wahyuningsih](#); [Naintina Lisnawati](#)

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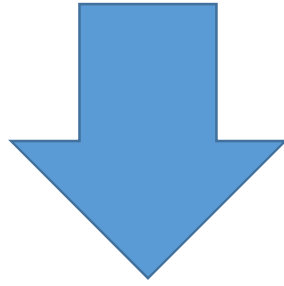
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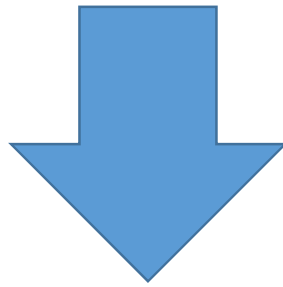
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Nutritional Education Regarding Ante Natal Care: Improving Knowledge, Attitudes, and Behaviors of Health Cadres

Sri Achadi Nugraheni¹, Martha Irene Kartasurya¹, Nur Endah Wahyuningsih¹, Naintina Lisnawati¹

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Abstract

Background: Health cadres have a significant role in helping improve the health of pregnant women. Therefore, providing education supported by comprehensive tools to increase cadres' competence and knowledge of ante natal care (ANC) for pregnant women is a strategic action. The aim of the study was to analyze the effect of conducting nutrition education using "Bumil-Kit" media as a comprehensive tools on knowledge, attitudes, and behavior of the cadres in performing ANC.

Method: The quasi-experimental research with one group pre and posttest design was used to analyze 40 cadres as subject working in the area of Lebdosari Community Health Center. Cadres were trained by the nutrition workers the procedures for using "Bumil-Kit/Pregnant Mother-kit" consisting of weight scales, mid-upper arm circumference (MUAC) ribbon, microtoise, ANC books, chart of pregnancy growth, and booklets as well as conducting ANC. Knowledge, attitudes, and behaviors were measured before and after a given intervention using a structured questionnaire and data gathered were analyzed using Wilcoxon Signed Rank Test.

Result: The results showed that most cadres (45%) had 6-20 years of working experience. There was an effect of nutritional education on knowledge ($p = 0.001$), attitudes ($p = 0.001$), and behavior ($p = 0.038$) regarding ANC. The increased score of knowledge, attitudes, and behaviors before and after intervention was 7.15%, 6.53%, and 6.43%.

Conclusion: Providing nutrition education using "Bumil-Kit" media as a comprehensive tool increases knowledge, attitudes, and behavior of health cadres regarding ANC.

Keywords: Knowledge, attitude, behavior, health cadres.

Introduction

Maternal mortality is one of the health problems having been considered a major concern by a country, as most of the maternal mortalities is caused by labor and other factors during pregnancy. According to a survey

conducted by Indonesian Basic Health Research, the maternal mortality rate (MMR) in Indonesia fell from 359 per 100,000 live births in 2012 to 305 per 100,000 live births in 2015. Despite the decline, the figure is still relatively high compared to that in other countries in Asia. Even when compared to one of the Sustainable Development Goals (SDG's) targets in 2030, reducing MMR to 70 per 100,000 live births, the gap is still high and therefore more comprehensive efforts are extremely in need. Compared to MDG's target in 2015, which failed to be accomplished, the current target, 102 per 100,000 live births, is still low.¹

Ante natal care (ANC) has been implemented as a strategy in reducing MMR in several countries, including

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Associations Between TNF- α and Interleukin-18 and ADIPOQ Gene Polymorphisms in Iraqi Obese Women Patients with Polycystic Ovary Syndrome

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Abstract

Context: Polycystic ovary syndrome has always been an enigma, and it still continues to be. In addition to an ovulatory subfertility, women with PCOS show an increased danger of pregnancy complications, obesity, so the effect of this issue isn't simply constrained to reproductive age, however all through life. A total of (128) samples (50 normal Weight and 78 obese groups). Those samples were collected from the Kamal Al-Samarraie hospital, Ministry-of Health in Baghdad-Iraq from April 2017- August 2017. The aim of this present study was to detect association from polymorphism ADIPOQ gene (rs12495941) with risk of Polycystic ovary syndrome for Iraqi women patients and compare between ADIPOQ gene of Iraqi population with gene bank of NCBI. Examine Interleukin-18(IL-18), Tumor necrosis factor alpha (TNF- α) of Polycystic ovary syndrome Iraqi women patients. TNF- α , and IL-18 showed significant change ($p < 0.05$) in Obese with PCOS and low weight with PCOS groups when comparing with control group. followed by no-significant change ($p > 0.05$) when comparing between Obese without PCOS and low weight with PCOS groups, also shows significant change ($p < 0.05$) when comparing between low weight with PCOS and control group. The results show substitution three Transition A>G and G>A, six Transversion T>G, T>A, and C>A, showed 98% identified with a standard in Gene Bank from patients group while having 100% identified with a standard in Gene Bank with the control group.

Keywords: Polycystic ovary syndrome, Interleukin-18(IL-18), Tumor necrosis factor alpha(TNF- α), ADIPOQ gene.

Introduction

Polycystic ovary syndrome is the most well-known endocrinopathy influencing reproductive aged women. While some women may present symptomatic and others asymptomatic, it does affect women physically, psychologically, metabolically, endocrinologically and reproductively⁽¹⁾. The status was first portrayed in 1935 by the American gynecologists Irving F Stein and

Michael L Leventhal, both working at the Department of Obstetrics and Gynecology, Michael Reese Hospital, Chicago, USA from whom its original name of Stein-Leventhal syndrome was taken, they described the clinical, the macroscopic characteristics and histological features of PCOS for the first time⁽²⁾. TNF α is a dominant pro-inflammatory cytokine vital for immunity to infections and expressed mainly in monocytes, macrophages and adipose tissue. However, its extravagant production is contributory in chronic inflammation and disease pathology⁽³⁾. Studies on reproductive biology have proven that these pro-inflammatory cytokines promote ovarian function and the processes of ovulation, fertilization, and implantation in women with PCOS⁽⁴⁾. Moreover, TNF- α can also play an important role in the development of cardiovascular disease. A higher

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Effectiveness of Low Level Laser Therapy Versus Ultrasound Therapy with Plantar Fascia Stretching in Subjects with Plantar Fasciitis

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Abstract

AIM: To find the effectiveness of low level laser therapy versus ultrasound therapy with plantar fascia stretching in subjects with plantar fasciitis.

Materials and Method: Non equivalent quasi experimental study design was used in this study. Total of 30 subjects with plantar fasciitis were selected using non probability convenience sampling technique. 30 Subjects was divided into two groups by lot system. Group A received low level laser therapy and Group B received ultrasound therapy and for both the group plantar fascia stretching was given. The outcome measures are FAAM (foot ankle ability measure) and NPRS (numerical pain rating scale). Data collected and tabulated was statistically analysed.

Result: Statistical analysis of post-test, foot and ankle ability measure questionnaire (FAAM) and NPRS (numerical pain rating scale) revealed that there is statistically significant difference seen between Group A and Group B.

Conclusion: From the result, it has been concluded that low level laser therapy with plantar fascia stretching (Group A) is more effective than ultrasound therapy with plantar fascia stretching (Group B) in decreasing pain and improving the quality of life in subjects with plantar fasciitis.

Keywords: Plantar fasciitis, low level laser therapy, ultrasound therapy.

Introduction

The human foot is a strong and complex mechanical structure and terminal portion of the limb which bears weight and allows locomotion.¹ The plantar fascia is a dense, fibrous, connective tissue structure originating from the medial tuberosity of the calcaneus. It has three-medial, lateral and central portions.²

Plantar fasciitis is a degenerative condition resulting from compressive forces due to repeated trauma to plantar fascia making the foot's longitudinal arch of flat. Traction forces during the gait on support phase leading to inflammation results in fibrosis and degeneration. Plantar fasciitis is the common reason for heel pain for 80 percentage of cases. It affects most commonly people who are between 40 – 60 years of age.³

The exact etiology of plantar fasciitis still remains unclear but the risk factors which results in plantar fasciitis includes overuse of plantar fascia, exercises like ballet jumping activities, long distance running, long period of standing, obesity, pregnancy, military recruits, athletes. The patient usually complaints of pain over the medial side of plantar heel, usually when taking first few steps after waking up.⁴

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A Glimpse of Manual Scavenging in India

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Abstract

Context: Across India, manual scavenging and its allied forms — the manual cleaning of dry latrines, sewers, manholes and septic tanks, abstraction of debris from sewage canals and any interaction with excreta — are openly prevalent, defined as a “cultural vocation”. “In India, every five days, a manual scavenger dies in a sewer, septic tank or a manhole,” the report verbally expressed. However, its scope was constrained as its primary source of data was statistics from NCSK, which has disarrayed information organised arbitrarily. The few key features of the Act Prohibits the expression or maintenance of insanitary toilets, Prohibits the engagement or employment of anyone as a manual scavenger, Violations could result in a years’ imprisonment or a fine of INR 50,000 or both. The press Information Bureau, Government of India, Ministry of Social Justice and Empowerment has verbally expressed that a Task Force was constituted for carrying out a National Survey of manual scavengers in 2018 in 170 identified districts of 18 states. The right technology is considered as one of the solution to eradicate this scourge. In spite of that, the social and gender issues should be abolished by educating pupil about this ill.

Keywords: manual scavengers, manholes, insanitary latrines, health issues

Introduction

Across India, manual scavenging and its allied forms — the manual cleaning of dry latrines, sewers, manholes and septic tanks, abstraction of debris from sewage canals and any interaction with excreta — are openly prevalent, defined as a “cultural vocation” annexed to a few make-believe lower castes — Hindu Dalits, a few Dalit Muslims and some converted Dalit Christians. In India, this affair is hazardous, unsafe, unsanitary, degraded and above all, illicitly proscribed by Parliament a few years ago. The level of susceptibility increases as we peregrinate from rural to urban areas. However,

reports designate that these days; there is incremented fatality in rural India, as well.¹

The data from the National Commission for SafaiKarmacharis (NCSK) revealed appalling facts on the pattern of the deaths of manual scavengers from January 2017 to September 2018 and were widely shared by media houses and convivial media users. “In India, every five days, a manual scavenger dies in a sewer, septic tank or a manhole,” the report verbally expressed. However, its scope was constrained as its primary source of data was statistics from NCSK, which has disarrayed information organised arbitrarily.

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