

Adherence & preference of Zinc supplement for treatment of diarrhea



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Introduction

Zinc supplementation is a critical new intervention for treating diarrheal episodes in children. Recent studies suggest that administration of zinc along with low osmolarity ORS can reduce the duration and severity of diarrheal episodes among the children under the age of 5. Despite the evidence of benefit, there has been little progress on both – the widespread introduction of Zn supplements along with low osmolarity ORS and the appropriate consumption of same as advised by the clinical practitioners for the treatment of diarrhea.

Rationale

This study will provide the evidences of the pattern of consumption of zinc supplements by the children under the age of 5 who are affected with acute diarrhea which will help the policy makers to bring the necessary changes in strategy.

Objectives

- To develop an understanding about the commitment level of community for appropriate consumption of zinc supplements for treatment of diarrhea as recommended by the WHO/UNICEF
 - To understand the preference of community for the available forms of zinc supplements.

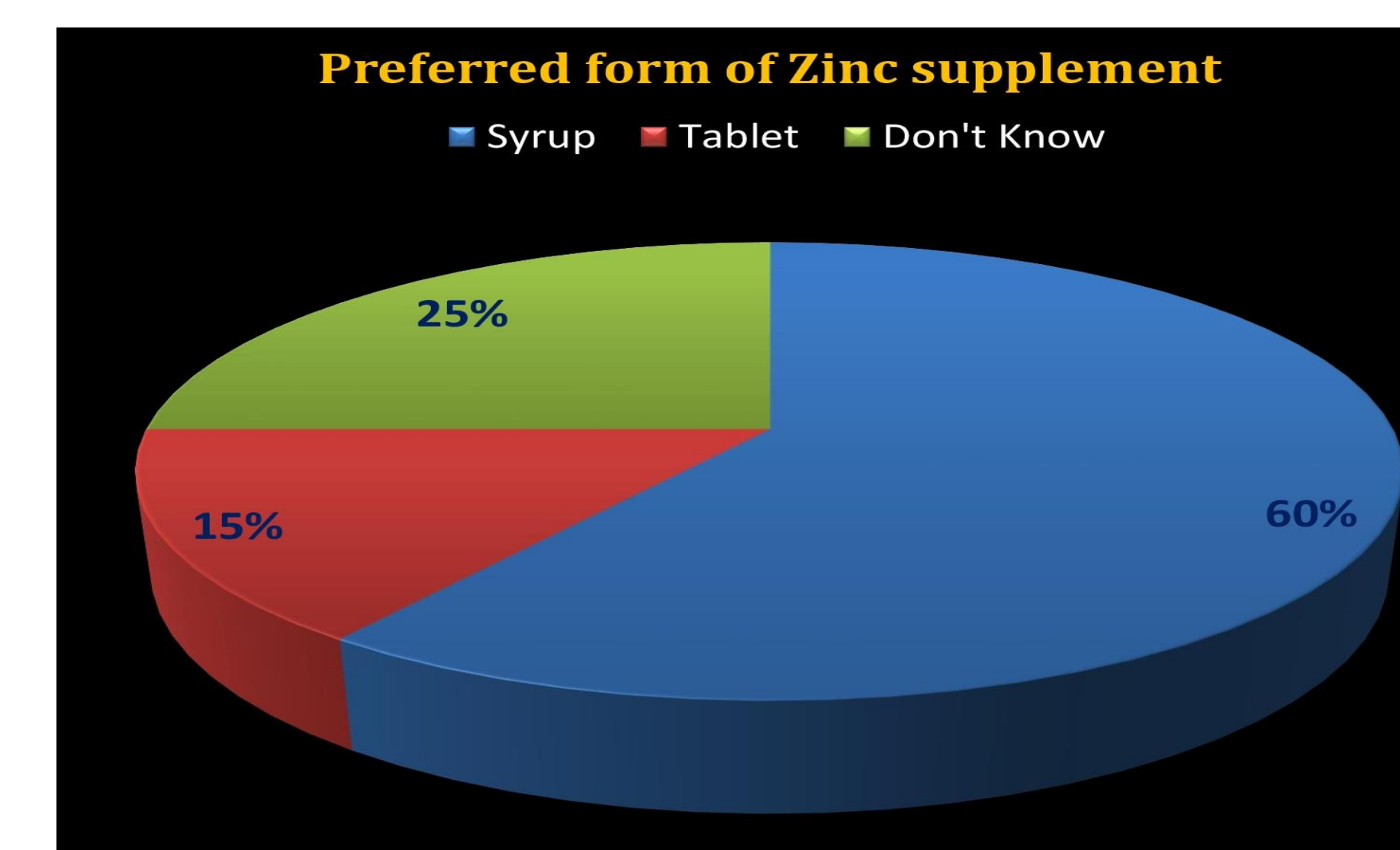
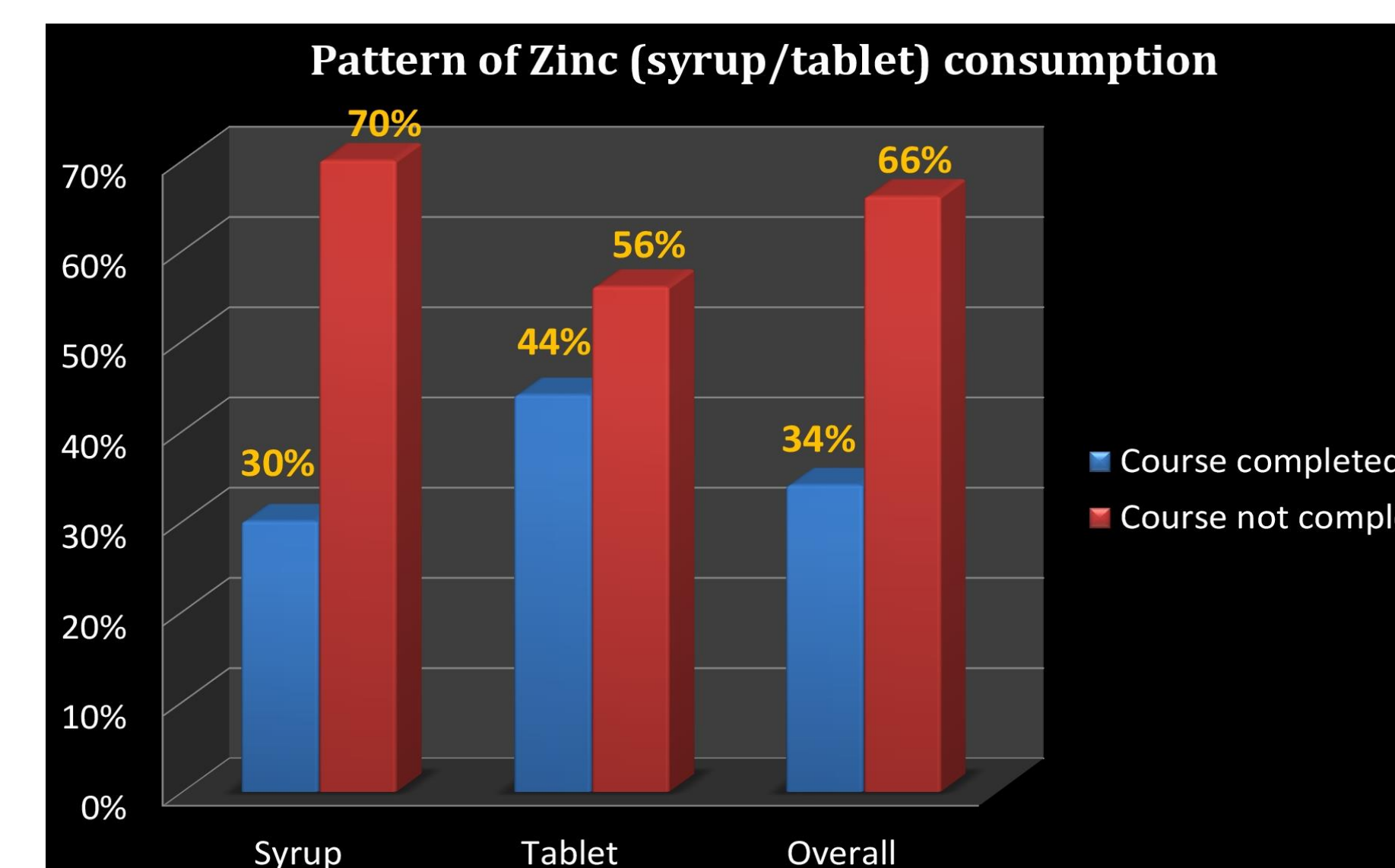
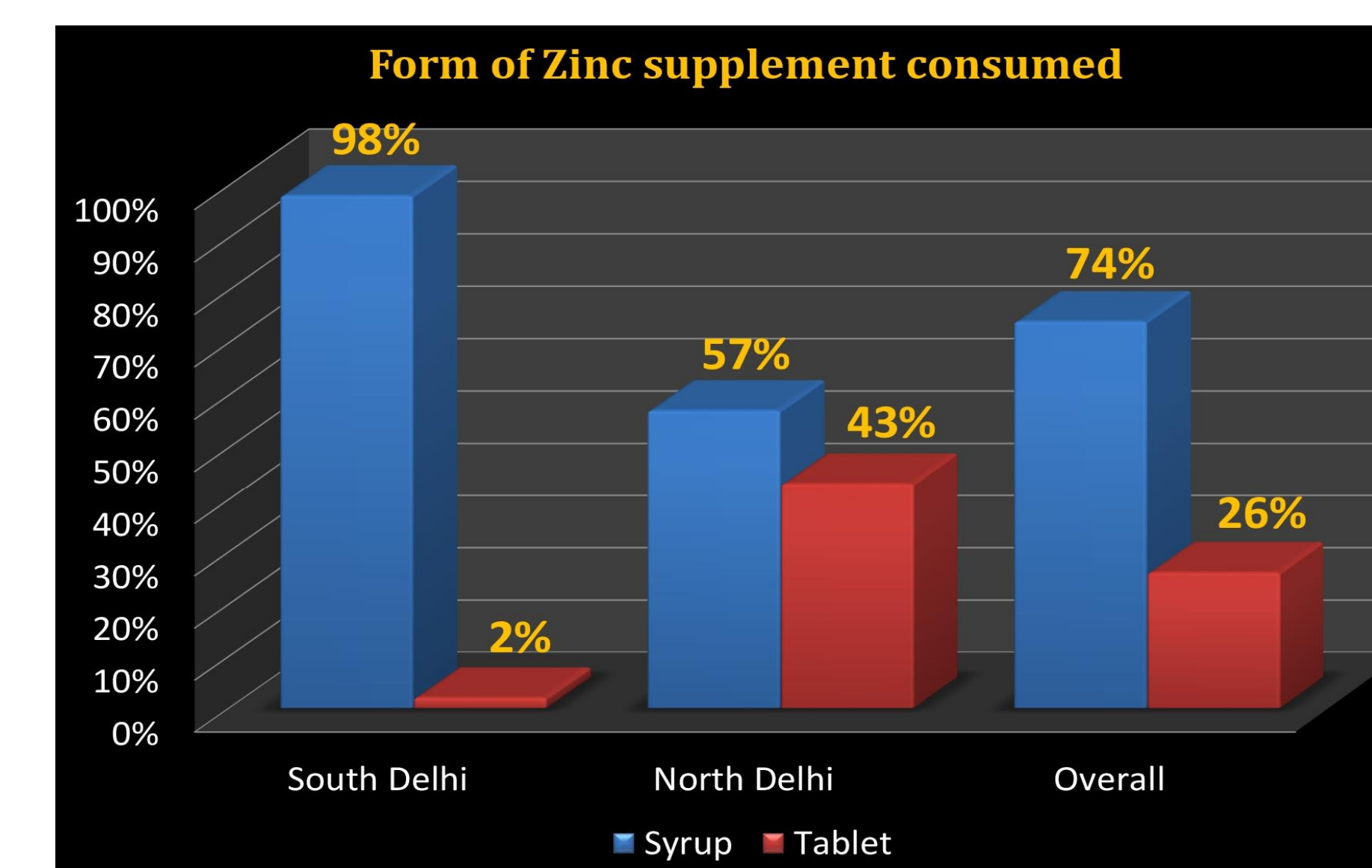
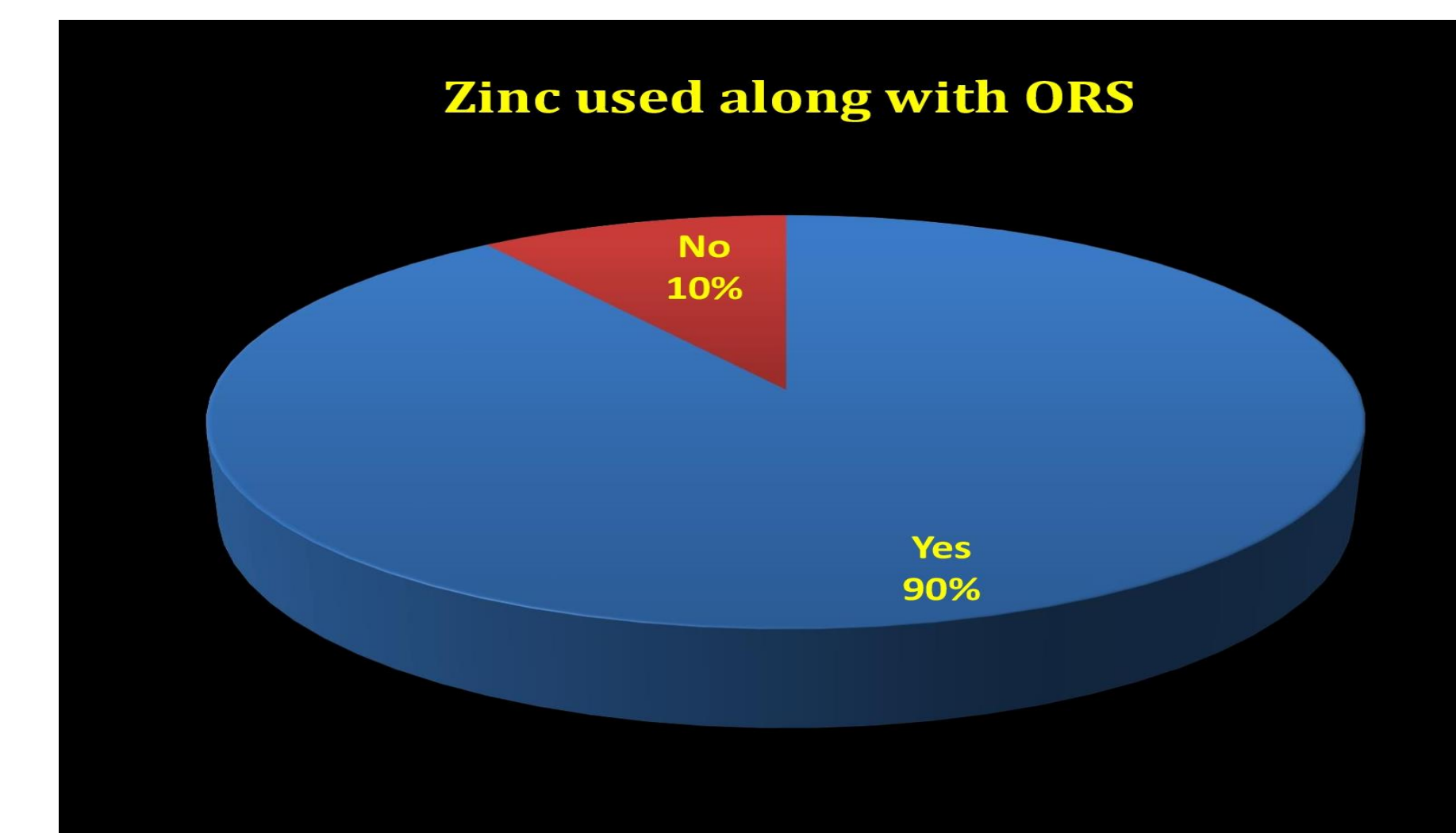
Methodology

- 2 different urban slums each from North & South districts of Delhi were selected for the study.
- The households with at least 1 child under 5 years of age who had diarrhea in the last one months but not in less than last 15 days were identified.
- 50 households each from North & South districts of Delhi were selected on simple random technique.
- Mothers (preferably)/caregivers of the affected child were chosen as respondents.
- 10-12 community health volunteers (CHVs) were trained for collection of data.
- **TOOL** – A well structured schedule with both open ended and closed ended questions were prepared.
- Data were collected through personal interview.
- Data entry was done on a prepared template of excel sheet.
- Data analysis after transferring the compiled data was done on SPSS.



Findings

- 90% of the respondents said that they received zinc along with ORS



Conclusions

Findings of the study clearly shows that only 34% of the respondents consumed zinc supplements appropriately as recommended by the WHO & UNICEF. Though most of the respondents preferred syrup form as zinc supplement, yet only 30% of them consumed it appropriately, which shows that the adherence of community for zinc supplements is weak for the treatment of diarrhea.

Suggestions

- Clinical practitioners must be encouraged to prescribe zinc supplements along with ORS. This will not only control diarrheal diseases but also malnutrition.
- Awareness and commitment level for ORS in the community is appreciable but their behavior for zinc consumption is questionable. The communities must be given proper knowledge about the importance and benefits of zinc supplements for treatment of diarrheal diseases.

