



KNOWLEDGE ON INFANTILE COLIC AND ITS MANAGEMENT PRACTICES AMONG THE MOTHERS OF INFANTS ATTENDING IMMUNIZATION CLINIC AND OPD OF A SELECTED HOSPITAL OF GOLAGHAT DISTRICT, ASSAM.

Public Health

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ABSTRACT

Background: Infantile colic is one of the most common early life presentations to the primary health sector. It usually resolves spontaneously after the first three to four months of life, but may be a major concern for the caregivers. **Materials And Methods:** A non-experimental quantitative approach was used and the setting was a selected hospital in Golaghat district, Assam. The sample consisted of 120 mothers of infants attending the immunization clinic and OPD of a selected district Hospital of Assam. Data were collected by using a self-structured tool. **Results:** It was revealed that 50% of the mothers believed infants cried only due to hunger. Some mothers (18%) believed that all infants suffer from colic. Most of them (90%) believed that colic occurs more during nighttime. Some (67%) believed that a mother's dietary habits make colic worse. 32% of mothers said abdominal colic is associated with other health problems, while 40% of them believed that abdominal colic is an effect of an evil spirit. The majority (72%) believed that abdominal colic needs immediate management. The common management practices adopted by the mothers were breastfeeding the baby, massaging the abdomen, giving an amulet or talisman to their baby and giving gripe water.

KEYWORDS

Infantile colic, Mothers of infant, Knowledge, Management practice

INTRODUCTION

Motherhood is a phase of new experiences characterized by learning, nurturing, and unwavering dedication. A newborn's cry serves as their primary means of communication, signaling a need that requires immediate attention. While it effectively conveys urgency, identifying the necessity is often challenging for the caregiver.

Prolonged crying or fussing, particularly unsuitable crying is a source of anxiety and distress for the parents, and a challenge for the doctors. Infantile colic is a diagnosis of exclusion for prolonged crying in early infancy.¹ Colic affects up to 20% of infants and is one of the most common presentations to the primary health sector in early life.²

Though colic is a condition that is considered to be benign, sometimes it may become a stressor to the mothers and the family. Infant colic is characterized as recurrent and prolonged periods of crying, fussing, or irritability, without obvious cause and not resolvable or preventable by caregivers, without evidence of failure to thrive, fever, or illness in an infant under 5 months at the onset and resolution of symptoms.³

It is a common condition and, despite much research on the subject, the underlying cause is still the subject of debate. When a baby falls ill, the parents' concern is often influenced by their knowledge of the ailments. Parents may get advice from the media, through family tradition, from friends and via other sources which affect their management of the ailments. There is no evidence-based approach to managing the condition. Parental reassurance and knowledge to manage infantile colic is the cornerstone for proper management of such condition.

Therefore, the investigators felt the need to conduct this study to assess the knowledge and management practices of infantile colic among the mothers of infants to better understand the family-centered care approach in Child Health Nursing.

MATERIALS AND METHODS

A non-experimental descriptive research design was used in the study. The setting was the Swahid Kushal Konwar Civil Hospital, Golaghat, a 300-bed district hospital. The sample was 120 mothers of infants attending the immunization clinic and OPD in SKKCH, Golaghat. Nonprobability purposive sampling technique was used and data were collected using a knowledge questionnaire and a checklist to assess management practices of infantile colic

DATA COLLECTION PROCEDURE

Permission was obtained from the Medical Superintendent, Swahid Kushal Konwar Civil Hospital on 1st July, 2022. Data collection was done between 4th July, 2022, for 3 consecutive weeks. Informed consent was obtained from the mothers and questionnaires were distributed. The time given for administering the tool was 15 minutes.

RESULTS

Majority of the subjects under study were above 31 years of age (74.16%), were housewives (75%) residing in rural area (85%). The majority i.e. 58.33% were mothers of two children. (Figure 1, 4,6,7). 70% of the mothers had moderately adequate knowledge on infantile colic while percentage of mothers having adequate knowledge was only 19.16%.

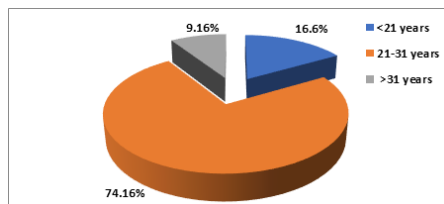


Figure 1: Pie diagram showing percentage distribution according to Age

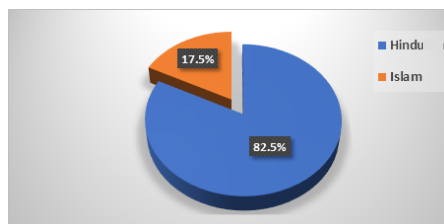


Figure 2: Pie diagram showing percentage distribution according to Religion

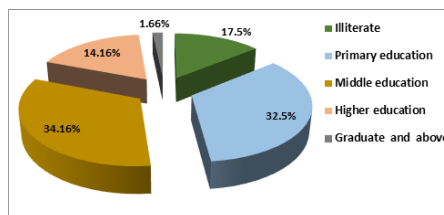


Figure 3: Pie diagram showing percentage distribution according to Education

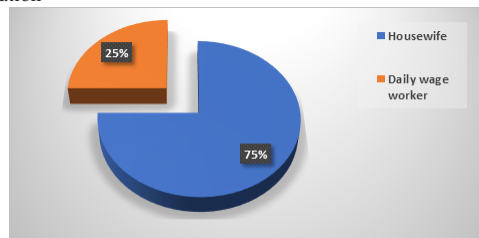
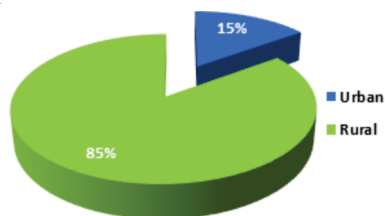
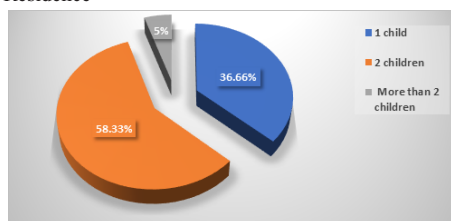


Figure 4: Pie diagram showing percentage distribution according to Occupation**Figure 6:** Pie diagram showing percentage distribution according to Area of Residence**Figure 7:** Pie diagram showing percentage distribution according to the Number of children**Table 1: Frequency and Percentage Distribution of Knowledge on Infantile Colic N=120**

Knowledge on Infantile colic	Frequency	Percentage (%)
Adequate	23	19.17
Moderately adequate	84	70
Inadequate	13	10.83
Total	120	100

On assessment of management practices of colic, it was found that 35.83% of mothers practiced breastfeeding the baby with colic, 6.66% preferred gentle swinging or rocking, 5.83% practiced abdominal massage. A large number of mothers i.e. 34.16% reported of giving amulet or talisman to their babies as a management practice of continuous crying. 9.16% preferred giving pacifiers and 8.33% preferred giving gripe water to the babies.

DISCUSSION

The results of the present study showed that among 120 mothers of infants, 70% mothers of infants had moderately adequate knowledge of infantile colic, 19.16% mothers had adequate and 10.83% had inadequate knowledge of infantile colic. Around 50% of the mothers believed that infants cry only due to hunger. Some mothers (18%) believed that all infants experience abdominal colic. Most of them (90%) believed that colic occurs more during night time. Some (40%) believed that it is caused due to mishandling of the infant, and some (67%) believed that the mother's dietary habits make colic worse. 32% of mothers said abdominal colic is associated with other health problems, while 20% of them believed that abdominal colic is an effect of an evil spirit. Majority (72%) said abdominal colic needs immediate management.

Another study conducted by Chinawa, JM, Ubesie AC, Adimora GN, Obu HA, Eke CB¹ (2013) on mothers' perception and management of abdominal colic in infants in Enugu, Nigeria. among 177 mothers of infants, 99.4% believed that young infants do experience abdominal colic. Most of them (91.6%) believed that colic occurs between 0 and 3 months. 48% believed that colic occurs at night while others believed that it can occur any time. 41.3% thought that abdominal colic is not associated with other medical problems.

On assessment of management practices of colic, the investigators of the present study found that 35.83% of mothers practiced breastfeeding, 6.66% preferred gentle swinging or rocking, 5.83% practiced abdominal massage. A large number of mothers i.e. 34.16% reported of giving amulet or talisman to their babies as a management practice of continuous crying. 9.16% preferred giving pacifiers and 8.33% preferred giving gripe water to the babies.

Didisen NA, Yavuz B, Gerceker GO, Albayrak T.(2018)² in their study on Infantile Colic in Infants Aged One to Six Months and the Practices of Mothers for Colic found that 43.1% of the mothers of infants taking the infant to a calm and dimly lit environment, 67.6% mothers of infant taking the infant on lap, 68.7% mothers of infants rocking the infant,

53.4% massaging the infants abdomen, 35.8% mothers of infants listening to music, 20.3% mothers of infants swaddling the infant, 58.6% mothers of infants preferred referring hospital due to colic.

RECOMMENDATIONS

- The study can be conducted among mothers of infants in a community setting.
- Studies can be done for babies with infantile colic to determine the possible risk factors or causes of infantile colic.
- Probability sampling can be used for a larger sample size to rule out bias.

CONCLUSION

While assessing the knowledge and management practices of infantile colic among the mothers of infants in Swahid Kushal Civil Hospital, Golaghat, the investigators found that the knowledge of on infantile colic was insufficient among the mothers. Breastfeeding, abdominal massage, giving an amulet or talisman to their baby and giving gripe water were the common management practices adopted by the mothers. The investigators conclude that there is need to take interventions to improve the awareness of colic and its management practices.

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