

عنوان مقاله:

Maternal Knowledge and Performance about Use of Iron and Multivitamin Supplements in Children in Northwest of Iran

محل انتشار:

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نویسنده:

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خلاصه مقاله:

Introduction Micronutrients deficiency, especially iron and vitamins, is a common nutritional problem among children under 2 years in Iran. The aim of the present study is to assess the awareness and performance of mothers about the use of iron and vitamin supplements in infants less than 2 years. **Materials and Methods:** This cross-sectional study was performed on 762 mothers of 6-24 months infants referred to the Children's Hospital of Tabriz in (Mar 2012-Mar 2013). They completed questionnaire. Data was collected through a three partite questionnaire and analyzed through interviews with mothers about the use of iron and multivitamin supplements. Data were analyzed by descriptive-analytic tests and using SPSS 11.5. **Findings:** The results showed that the number of mothers with high, moderate, and low awareness was 115 (15.09%), 456 (59.84%), and 91 (25.06%), respectively. The number of mothers with good, moderate, and poor performance was 186 (24.4%), 379 (49.74%), and 197 (25.86%), respectively. There was a significant relationship between education level and the performance of mothers ($P < 0.05$). **Conclusion:** Periodic retraining courses for health staff, technicians, and nutrition and children experts play a key role in increased knowledge, attitudes, and practices of health staff. Such courses will improve the ability of health staff to transmit correct educations to mothers. Most important factor in avoiding the use of vitamin and iron drops is their taste and .teeth stain, the production and use of supplements with better taste and fewer side effects can be effective

کلمات کلیدی:

Knowledge, Iron, Multivitamin, Children, Maternal

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