



An Observatory Study On Abnormo-Cardia Among Children Of 0-6 Years Of Age In The OPD Of Paediatric Department Of GMC Anantnag Kashmir.

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ABSTRACT: -

The congenital abnormalities are talk of the day most of the children born are with the heart and other organ abnormalities. The social concerns and other factors of diseases cause are the factors responsible for it. Some children have inborn such diseases while others develop it with span of time. One of diseases is the abnormal condition of heart or abnormo-cardia with lot of heart disorders and syndromes that develop in the children with span of time or is in-herent. The changing life style with sedentary and materlistic approach leads to lot of cardiac diseases in children leading to lot of disabilities of primary, secondary and tertiary type. The stress in the environment leads to the suffering hence causes the diseases of heart in the people. In children due to wrong habits of eating junk food causes the heart problems. The increased heart problems are also due to increased pressure in the children due to over burden in the schools of cognitive, conative, behavioural nature.

INTRODUCTION: -

The word cardia is from Latin word cardiacus means the heart and abnormo in Latin means not clear. Hence deviated pathological, anatomical and physiological conditions of heart is called the abnormo cardia. The diseases that effect the heart and blood vessels that causes the defect in the function of the body is called the abnormo cardia. The cyanotic non cyanotic condition of heart is called the abnormo cardia. The condition of high blood pressure, high low-density lipoprotein, cholesterol, diabetes, Smoking, second-hand smoke exposure, obesity, unhealthy diet, physical inactivity. The main types of heart diseases detected are congenital heart diseases, CHD, strokes, PHD, Aortic disease etc. the incidence is 30/100000, 1% of children are born of birth defects that is 40000/year. The prevalence by WHO is 1233.7/ 1lakh. The prevalence in India is 27.7/1000 study population. The prevalence in Kashmir is 5.3/ 1000 population of child. The disease is detected by heart rates, heart beats, miscellaneous. The cardiac exam includes caratoid pulse [carotid bruits], Juglar venous pulse [auscultation of cervical venous hums], precordial impulses [palpitations of heart sounds and murmurs] and auscultation of heart.

KEYWORDS: -

Abnormo-cardia, congenital heart diseases, awareness, knowledge score, leaflet.

OBJECTIVES: -

- To determine the prevalence of abnormo-cardia among the children of 0-6 years of age in paediatric department of GMC Anantnag.
- To determine the knowledge score of identification of abnormo-cardia among the mothers of 0-6 years of age in paediatric department of GMC Anantnag.
- To determine the knowledge score of identification of abnormo-cardia among nursing staff of paediatric GMC Anantnag.
- To develop the leaflet of prevention of abnormo-cardia among nursing staff of paediatric GMC Anantnag.

METHODOLOGY: -

An observatory quantitative study was conducted with survey research design and approach. The total sample taken was 50 nursing staff, 200 mothers and 1000 children of discrete age group of 0-6 yrs. The research settings were paediatric OPD of GMC Anantnag. The study was conducted from Dec 2020- Jan 2022. The sample was collected by lottery method. The data was collected and analysed by SPSS and SSP statistical package. The ethical consideration was put under consideration and permission was taken from MS of the hospital.

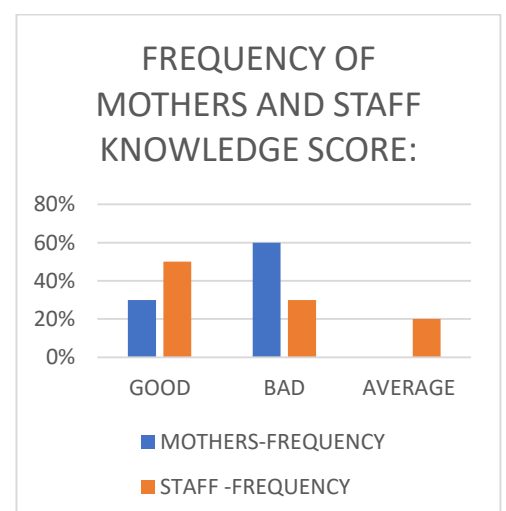
FINDINGS OF THE STUDY: -

The findings of study are:

The frequency of knowledge score of identification of abnormo-cardia among mothers in children of 0-6 yrs of age is good 15[30%], bad 30[60%] and average 5[10%]. The frequency of knowledge score of identification of abnormo-cardia among staff nurses in paediatric ward of GMC Anantnag is good 100[50%], bad 60[30%] and average 40[20%]. The prevalence rate of abnormo-cardia in age is 0-2yrs-500[50%], 3-4yrs- 300[30%] and 5-6yrs – 200[20%]. The prevalence of abnormo-cardia in children of 0-6 yrs of age is congenital heart diseases 400[40%], myocardial infarction 100[10%], cardiomegaly 200[20%], abnormal heart rate 300[30%].

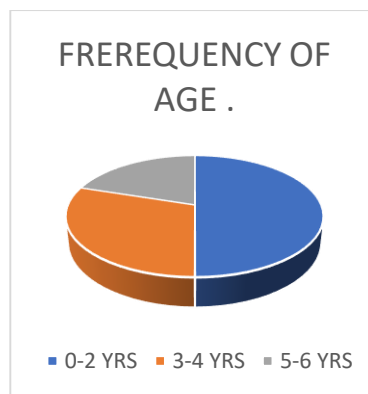
The frequency and bar graph of knowledge score of mothers and staff nurses is as under:

S. No: -	Knowledge score: -	Mothers-frequency:	Staffs-frequency:
1.	Good.	15[30%];	100[50%]
2.	Bad.	30[60%];	60[30%]
3.	Average.	5[10%];	40[20%]



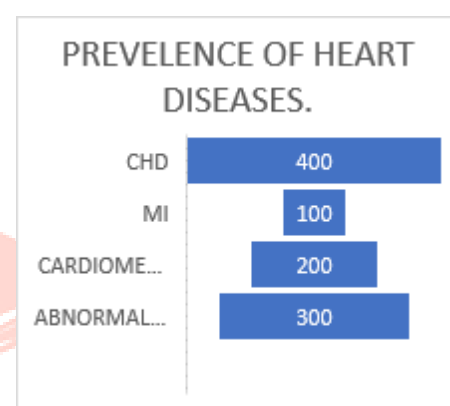
The frequency and pie graph for age with diseases prevalence:

S. no: -	Age: -	Frequency: -
1.	0-2 yrs.	500[50%]
2.	3-4 yrs.	300[30%]
3.	5-6 yrs.	200[20%]



The frequency and funnel graph in children with respect to diseases:

S no: -	Abnormo-cardia: -	Frequency: -
1.	Congenital heart diseases.	400[40%]
2.	Myocardial infarction.	100[10%]
3.	Cardiomegaly.	200[20%]
4.	Abnormal heart rate.	300[30%]



DISCUSSION: -

The study led to the investigation of the more increase of the congenital heart diseases in the children of 0-6 yrs of age. The study focused on the fact to increase the awareness about early detection and prevention of the heart related problems. The study revealed how it is important to train the nurse according to working environment and its role to have specialised nurse in the particular field. The need of staff development and inservice education and training. The study also focussed on the fact to have awareness programmes and health education. There is need to improve the health sector.

The supportive studies are:

The study was conducted by Abid¹, Khalid², Amber³ and Muzaffer⁴, titled as childhood cardiomyopathies: a study in tertiary care hospitals of Kashmir. The sample was 1 month to 18 yrs children. The many children were born with cardiac disorder.

The study was conducted by Suman Preet Kaur, titled as A descriptive study to assess the prevalence of cardiovascular risk factors among adolescents in selected schools of banga, District shaheed Baghat Singh Nagar, Punjab. The sample was 100 adolescents. The study revealed the relation of heart diseases with sociodemographic variables like sex, BMI, area, family type, association etc. at significance of $p < 0.05$.

LIMITATIONS OF STUDY: -

The study is limited in sample, setting, research design, approach etc. The time, money, participation, placebo, interest, presence also effected. The study was limited to the objectives and can be elaborated. The sample age group can be elaborated.

CONCLUSION: -

The study concluded with the fact that knowledge score of the mothers and nursing was in adequate. The study also concluded with fact that the congenital heart diseases is at alarming rate. The study detected that age group 0-2 yrs of age have more frequency of abnormo-cardia.

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