



“A Descriptive Study To Assess The Knowledge On Milk And Cookie Disease Among Mothers Of Under Five Children Attending Opd Clinic At District Headquarters Hospital, Chittoor With A View To Prepare A Self Instructional Module On Milk And Cookie Disease”

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ABSTRACT:

OBJECTIVES:

- To assess knowledge on MCD among mothers of under five children.
- To find out the association between knowledge on Milk and Cookie Disease with selected demographic variables.
- To prepare a self-instructional module on milk and cookies disease.

METHODOLOGY:

The present study aimed to measure the knowledge on Milk and Cookie Disease among mothers of under five children attending OPD clinic.

The present study was done using a semi structured questionnaire containing series of questions in self-report form designed by the researchers to elicit information. The questions were arranged in such a manner that it was easily understood by the participants and there was no violation of ethical conduct.

The questionnaire was distributed among the mothers and were given a pen for marking the answers of their choice. Later the mothers were given mass awareness on Milk and Cookie Disease and distributed a self-instructional module that contained a detailed description of the disease like its definition, etiology and risk factors, pathophysiology and prevention.

RESULTS:

The findings of study regarding knowledge on Milk and Cookie Disease among mothers of under five children attending OPD clinic revealed that

- 15.3% were in the age group of 0 – 1 year, 19.30% were in the age group of 1 – 2 years, 39.30% were in the age group of 2 – 3 years, 12.00 % were in the age group of 3 – 4 years and 14.00% were in the age group of 4 – 5 years.
- 71.30% belongs to nuclear family
- 31.30% of fathers were having primary education
- 34.00% of mothers were illiterate
- 34.70% fathers were self employed
- 64.70% mothers were home makers
- 39.30% families were having an annual income of 20,000 – 30,000.
- 48.00% families were having a total of 3 people in their house
- 40.70% of mothers belongs to urban area
- 62.00% of mothers had heard about Milk and Cookies Disease
- 39.80% of mothers heard about Milk and Cookies Disease through mass media
- Among the participants 26.70% had inadequate knowledge, 45.30% had moderate knowledge and 28.00% had adequate knowledge about Milk and Cookies Disease.
- There is significant association between age of child, education of father, education of mother, occupation of father, annual income of family, place of residence and occupation of mother, ever participated to assess the knowledge on milk and cookies disease.

CONCLUSIONS:

Assessment of knowledge on MCD among mothers will be a key to identify their deficits, promote their knowledge and practices there by may participate in health promoting behaviour. Self instructional module will be useful for future references.

INTRODUCTION:

The Milk Biscuit Syndrome is more commonly referred to doctors as the milk and cookie disease. The milk and cookie disease is commonly found in children who consume a lot of dairy, sugar, preservatives and acids (from processed food) resulting in highly acidic content in their stomach. Long term exposure to acid reflux can cause a variety of medical problems such as asthma, bronchospasm, chronic cough, hoarseness, dental problems and esophageal ulcers.

According to Dr. Julie Wei, Milk and Cookie Disease is a condition caused by combining an unhealthy diet with poorly timed eating habits like drinking soda, juices, milk, eating yoghurt, sugary snacks, ice cream and chocolate right before going to sleep.

This combination can create symptoms of illnesses, like cold or allergies which may require doctor's visits, tests and medications or treatments.

The primary objective of this study is to assess knowledge on MCD which would be a key to provide the best possible knowledge and there by prevent MCD among children.

NEED FOR STUDY

When kids eat or drink a lot of dairy, sugar, preservatives and acid (found in processed foods and drinks) the result is a stomach full of highly acidic content, as kids sleep, their acidic content can flow backward and partially digested food can come back up to swallowing tube (esophagus) and even up into the throat.

Overconsumption of dairy and sugar can lead to acid in the stomach which in turn, causes acid reflux. Acid reflux can also present itself as a sinus infection or runny nose, while the researchers were referring the books, journals and media came to know about this MCD, found lot of sick children with respiratory tract infection, Obesity, tooth decay during their clinical posting. Also observed parents feeding their children with biscuits than other food for breakfast. So, this made the researchers to create awareness among mothers after assessing their knowledge and prevent lot of health issues of MCD in children.

PROBLEM STATEMENT

“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE ON MILK AND COOKIE DISEASE AMONG MOTHERS OF UNDER FIVE CHILDREN ATTENDING OPD CLINIC AT DISTRICT HEADQUARTERS HOSPITAL, CHITTOOR WITH A VIEW TO PREPARE A SELF INSTRUCTIONAL MODULE ON MILK AND COOKIE DISEASE”

OBJECTIVES OF THE STUDY

- To assess knowledge on MCD among mothers of under five children.
- To find out the association between knowledge on Milk and Cookie Disease with selected demographic variables.
- To prepare a self-instructional module on milk and cookies disease.

OPERATIONAL DEFINITIONS

Asses: -It is the process of understanding mother's knowledge on Milk and Cookie Disease.

Knowledge: -It is the mother's understanding and ability to answer questions regarding Milk and Cookie Disease as elicited by semi structured questionnaire which is designed by investigator.

Self-instructional module: - It is an AV aid containing information regarding Milk and Cookie Disease.

Milk and cookie disease: -A condition caused by combining an unhealthy diet with poorly timed eating habits like drinking soda, juices, milk, eating yoghurt, sugary snacks, ice cream and chocolate right before going to sleep.

DELIMITATION

The study is delimited to:

- Mothers of under five children attending OPD clinic at District Headquarters Hospital, Chittoor, Andhra Pradesh.
- Mothers present on the day of data collection.
- Mothers who know to read and write.
- A period of 4 weeks of data collection.

METHODOLOGY

RESEARCH APPROACH

Research approach is the findings from systematic and rigorous research that are placed at the top of evidence hierarchies. The knowledge needed for nursing practice needs to be precise, holistic as well as outcome and process oriented.

A Quantitative research with descriptive approach is used for this study to assess the knowledge of milk and cookie disease among mothers of underfive children.

RESEARCH DESIGN

Research design is a specific outline detailing how chosen method or approach will be applied to answer particular research question.

A cross sectional descriptive research design, was conducted to understand the knowledge of mothers of under five children.

SETTING OF THE STUDY

The present study was conducted at District Head Quarters Hospital, Chittoor District, Andhra Pradesh. The study was done for mothers of underfive children attending paediatric OPD clinic.

POPULATION

The population of the study comprised of mothers of under five children attending paediatric OPD clinic at District Headquarters Hospital.

SAMPLE

The sample includes mothers of underfive children who were attending paediatric OPD at District Head Quarters Hospital, Chittoor District, Andhra Pradesh.

CRITERIA FOR SELECTION OF SAMPLE

Inclusion criteria: The study includes

All the mothers of under five children who were attending paediatric OPD, District Head Quarters Hospital, Chittoor.

Exclusion criteria: The study includes

- Mothers who were not willing for the study
- Mothers who don't know to read & write Telugu & English.

SAMPLE SIZE

The sample size is 150 mother's of under five children, who were available during the study period. They were selected based on the inclusion criteria.

SAMPLING TECHNIQUE

It is the process of selecting a subset of population in order to obtain information regarding phenomena in a way that represents their entire population.

In this study investigators have adopted the non-probability purposive sampling technique. The participants were selected based on the set of inclusion and exclusion criteria.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

The tools constructed in the study consists of two parts

Section I: consists of demographic details of the mothers of under five children such as age, type of family, education of father, education of mother, occupation of father, occupation of mother, annual income of the family, total number of members in the house, place of residence, knowledge and source about the disease.

Section II: consists of Semi-structured questionnaire consists of 20 statement regarding knowledge of milk and cookie disease.

SCORING

- Adequate Knowledge
- Moderate Knowledge
- Inadequate Knowledge

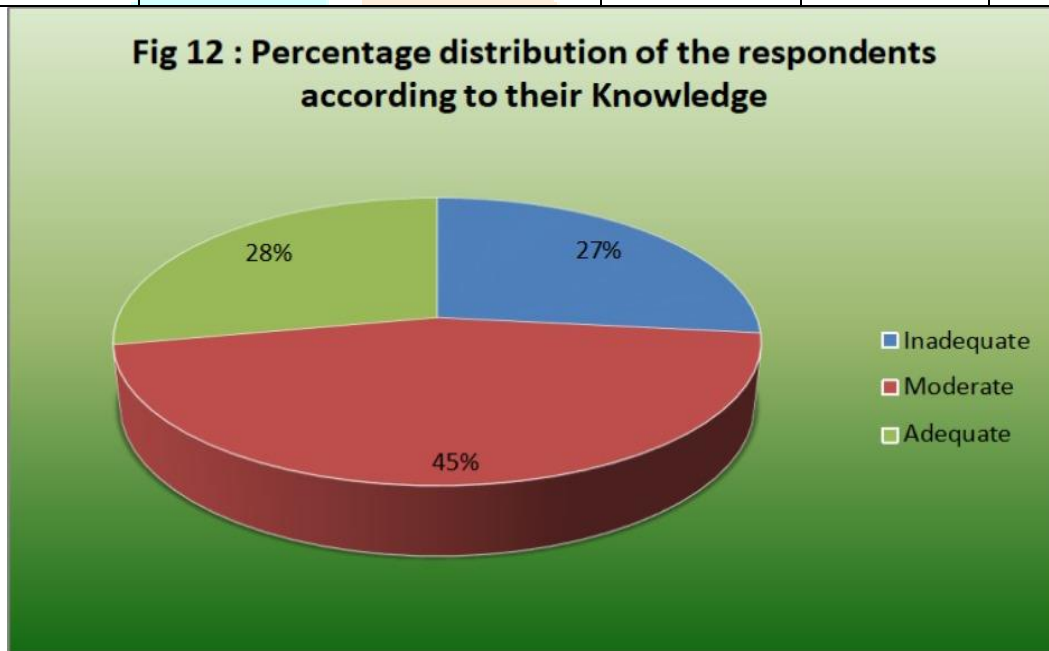
SCORING INTERPRETATION

Level of Knowledge	Scoring
Adequate Knowledge	76-100
Moderate Knowledge	51-75
Inadequate Knowledge	0-50

OBJECTIVE-1

➤ To assess knowledge on Milk Cookie Disease among mothers of under five children

Sl.No	LEVEL OFKNOWLEDGE	Frequency	Percent	Mean	Std. Deviation
1	Inadequate knowledge	40	26.70	8.8	1.324
2	Moderate knowledge	68	45.30	13.85	0.902
3	Adequate knowledge	42	28.00	16.81	0.804
	Total	150	100.00	13.33	3.17



Percentage distribution of the respondents according to their level of knowledge

INFERENCE

- As per the above diagram 40 (26.70%) had inadequate knowledge, 68 (45.30%) have moderate knowledge and 42 (28.00%) had adequate knowledge regarding
- milk and cookie disease. it is evident that majority of the mothers have inadequate knowledge about milk and cookie disease even in this digital era. Hence, it is essential to improve their knowledge on milk and cookie disease by providing a self-instructional module to conduct mass health education thereby creating awareness and improving their knowledge.
- The findings of the study were consistent with findings of the study done by Prabhu Subramani et.al (2021) who conducted a cross sectional study to determine the biscuit consumption pattern of children and the knowledge of parents about the sugar content in the biscuit consumed by their children in Chengalpattu District, Tamil Nadu. The study showed that parents knowledge of the sugar content present in biscuits and its impact on oral health was low, and there can be a reduction in the amount of dental health problems among children by imparting diet-related oral health education to the parents and children.

OBJECTIVE -2

- **To find out the association between knowledge on Milk and Cookie Disease with selected demographic variables.**

The demographic variables like age of the child, education of father, education of mother, occupation of father, annual income of the family and place of residence were very significant ($p < 0.01$) and highly associated with knowledge on milk and cookie disease, the occupation of mother is significant ($p < 0.5$) and have association with the knowledge on milk and cookie disease whereas the demographic variables like type of family, total number of members in the family, “have you heard about milk and cookie disease” and “if yes from what source you heard about milk and cookie disease” were not significant and not having association with knowledge on milk and cookie disease.

OBJECTIVE-3

- **To prepare a self-instructional module on milk and cookie disease**

To fulfill this objective a self-instructional module was distributed among the participants to provide mass health education, to create awareness and to improve their knowledge on milk and cookie disease.

CONCLUSION

The present study had found that participants had 28% adequate knowledge and 45% moderate Knowledge and 27% inadequate knowledge toward milk and cookie diseases. Hence there is a need for rectifying the knowledge about milk and cookie diseases in further area and also requires adequate supervision, preparation and evaluation of mothers.

IMPLICATIONS OF THE STUDY

The findings of the study have certain important implication for nursing service, education, administration and research.

Nursing Administration :-It is essential for nursing administrative to facilitate activities to improve the knowledge of milk and cookie diseases.

Nursing Practice:-Encourage the mother to participate in milk and cookie diseases awareness programs to improve their knowledge, attitude and practices.

Nursing Research:-

- Monitors trends and determinants of milk and cookie diseases and evaluate progress in their prevention and control.
- Strengthens research capacity through cooperation with research institution.
- Motivates the educational institution and hospital to include risk assessment programs regarding milk and cookie disease

Nursing Education:-

- The underfive of mothers can improve their knowledge regarding milk and cookie disease by using self-instructional module.
- The underfive of mothers should be motivated to give more priority to their good health practices to prevent milk and cookie diseases.
- The underfive of mother should be educated to find earlier symptoms of milk and cookie diseases.

Recommendations

- The study milk and cookie disease can be conducted using large samples.
- The longitudinal study can be conducted to identify the knowledge of milk and cookie diseases among mothers of underfive children

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