



SUMMARY

Preschool years is a critical period in a child's development, including children cognitive, physical, emotional and social skills develop tremendously based on the practice of age appropriate activities in nurseries and at home with mothers. Also children values, attitudes and self esteem are shaped by the examples of their mothers. Preschool children are extremely vulnerable to accidents and injuries that lead to death. Mothers who understand the developmental markers of preschool children can provide safer environment.

Accidents in developing or developed countries are one of the leading causes of children death and they are not accepted as a public health problem since they frequently occur in early childhood and cause death and vital injuries.

The most important way to protect against accidents is education of society, especially mothers about prevention and first aids through well prepared health promotion programs in various settings where children spend most of their time.

First aid is the immediate care given to a suddenly ill or injured child until medical care arrives. First aid is intended to keep the child's medical condition from becoming worse and does not take the place of proper medical treatment.

Aim of the study:

To evaluate the effect of health promotion program on mothers about accident prevention and first aid for their preschool children through:



- 1- Assess knowledge and practice of mothers regarding accident prevention and first aid for their preschool children.
- 2- Design and implement a health promotion educational program for mothers regarding accident prevention and first aid for their preschool children
- 3- Evaluate the degree of improvement of mother's knowledge and knowledge about practice toward accident prevention and first aid.

- **Sampling setting:**

The current study included 100 mothers who had preschool children, those were selected conveniently from mothers attend maternal and child health centers at Benha city.

- **Tools of data collection:**

Two tools were used to collect data; the first tool was constructed interviewing questionnaire for assessing the socio-demographic characteristics of mothers and their children and knowledge related to accidents, accident prevention and first aid for preschool children.

Socio-demographic characteristics part was composed of 8 questions that covering (age, education, occupation, Marital status, family income, child age, child sex, child rank.

The second part was mother's knowledge which covers area of accidents and accidents prevention for preschool children which composed of 18 questions such as (causes of home accidents, types of home accidents, causes of child) poisoning, burn, drowning, wound, chocking, falling, electrical shock, road accidents), prevention of these



accidents. This part used to assess mother's knowledge pre / post program implementation.

The second tool was observation checklist to assess mother's knowledge about their practice of first aid and home environment safety measures.

The first part was mother's knowledge about their practice of first aid. It comprised of seven items (first aid for poisoning contains 4 points, first aid for children burn contained 4 points, first aid for children fracture contained 5 points, first aid for child choking contained 4 points, first aid for children electrical caution, 5 points first aid for child wound 5 point. This tool used to assess mother's knowledge about their practice pre/post program implementation.

The second part was home environment safety measures, it include the following items (home condition, lightening, furniture, cover of the floor, internal step, balconies and windows, electrical sources, kitchen, bath room and medication.

- **Development of the health education program:**

- The program was constructed based on the actual results that obtained from pre program assessment. The educational intervention was developed by the researcher : detected needs, requirements, deficiencies were translated to aims and objectives.
- The aim of this program was to improve the mothers' knowledge and practice regarding accident prevention and first aid for their pre school children. Contents of the program were selected to meet mothers of preschool children needs regarding accidents prevention and first aid.
- Implementation of the program was carried out at the previously mentioned settings the subject material used has been sequenced



through 10 sessions for theory and practice, the duration of each session was ranged from 45 to 60 minutes including periods of discussion according to mothers' achievement, progress and feed back. Sessions started according to mothers' suitable time.

- After the implementation of the program, the post test was done to the studied mothers' knowledge and practice by the same formal of the pre-test to evaluate the effectiveness of the implemented program this was done immediately after the intervention.

- **The study results:**

The main results of the current study revealed that:

- There were a highly statistical significant difference between pre/post program implementation mother's knowledge regarding home accidents and its prevention for their preschool children. . Also there were a highly statistical significant difference between pre/post program implementation mother's knowledge about practice of first aid for accidents that commonly occur to preschool children.
- There were general improvement in mother's knowledge and practice after implementation of the health promotion program.
- -It was noticed that pre / post implementation of the health promotion program mother's knowledge and knowledge about practice increase when the educational level increase.
- -Also mother's knowledge and practice increase when family income increase and increase in case of worker mothers.
- -Home safety measures didn't found in most homes of the study sample.



- **Conclusion:**

Based on the current study findings and research hypothesis, some important facts could be concluded:

There were general improvement in mothers' knowledge and knowledge about practice regarding home accidents, accidents prevention and first aid after implementation of the health promotion program. There was a highly statistical significant difference between mother's knowledge, knowledge about practice and their educational level, family income and in case of worker pre / post implementation of the health promotion program. Also, home safety measures weren't found in most homes of the study sample and these expose children to more accidents.

- **Recommendations:**

Based on the results of the current study the following recommendations were suggested:

- Provision of health education programs for parents especially new parents about accident prevention and first aids as a routine service at MCH centers.
- Health education programs for mothers about safe housing condition should be provided in MCH centers.
- Repetitions of this program at different settings as nursery schools.
- Provide motivation for mothers attending health promotion programs in the form of free courses, free first aid kits, posters and booklets.
- Increase mother's awareness about accidents prevention, environmental safety and first aid that need to be given in case of accident at a national level.