



Practicing Foreign Body Extraction Maneuvers for Parents of Children Under 5

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Dear Editor-in-Chief

The results of the "Practical Training of Parents with Children under 5 Years of Age on Foreign Body Extraction Maneuvers" project, carried out by the Department of Family Medicine at Hacettepe University Faculty of Medicine and University of Health Sciences Ankara Training and Research Hospital, Ankara Mamak Municipality, are presented in this report.

Data from the WHO indicate that aspiration of foreign bodies results in the death of about 50,000 infants annually. This figure surpasses the quantity of kids who pass away in auto accidents (1–4).

The aim of the project is to increase the level of knowledge of parents with children under the age of five about foreign body aspiration and to enable them to perform foreign body removal maneuvers appropriately. In this way, it is aimed to prevent child deaths and damage that may occur due to delay in intervention.

The following objectives were achieved because of the project:

- Twenty-two parents with children under five years of age were informed about foreign body aspiration.
- Parents' ability to perform foreign body removal maneuvers has improved.
- With the pre-test and post-test, the knowledge of the participants on the subject was first evaluated and then the contribution of the training was evaluated.
- Awareness was raised about the project.

Regarding the gender of the participants, 17 (77.3%) were female and 5 (22.7%) were male. The mean age was 38 ± 5.26 years. Sociodemographic data of the participants are shown in Table 1.

There was a statistically significant difference ($P < 0.001$) between the pre-test (2.29 ± 1.160) and post-test (3.88 ± 1.111) mean scores in terms of Participants' evaluation of the training. There was a positive change of 1.58 ± 1.277 (minimum=0; maximum=5) points in achievement scores between pre-test and post-test.



Table 1: Sociodemographic information

Variable	Male	Female	Total
Age (Mean±SD)	36.4±1.82	38.5±5.87	38.0±5.26
Gender (n, %)	5 (22.7%)	17 (77.3%)	22 (100.0%)
Marital status (n, %)			
Married	5 (100.0%)	12 (70.6%)	17 (77.3%)
Divorced/spouse deceased	0 (0.0%)	4 (23.5%)	4 (18.2%)
Single	0 (0.0%)	1 (5.9%)	1 (4.5%)
Number of children (Mean±SD)	1.2±0.45	1.4±0.62	1.36±0.58
Child age (Mean±SD)	2.6±1.67	3.7±1.27	3.4±1.41
Education status (n, %)			
Primary School	0 (0.0%)	0 (0.0%)	0 (0.0%)
Middle School	0 (0.0%)	1 (5.9%)	1 (4.5%)
High School	1 (20.0%)	5 (29.4%)	6 (27.3%)
University and above	4 (80.0%)	11 (64.7%)	15 (68.2%)
Occupation (n, %)			
Officer	1 (20.0%)	1 (5.9%)	2 (9.1%)
Health worker	4 (80.0%)	4 (23.5%)	8 (36.4%)
Freelance/Private employee	0 (0.0%)	12 (70.6%)	12 (54.5%)

Mean: Average, SD: Standard Deviation

The change in achievement scores between pre-test and post-test did not show a statistically significant difference according to gender, occupation, educational status, marital status, number of children and age ($P < 0.05$).

The degree to which the training program had improved the participants' knowledge and skills was evident from the pre- and post-test results. There were statistically significant differences in scores between the pre- and post-test findings ($P < 0.001$). This illustrates how the instruction improved the participants' comprehension of ideas and skills related to cravings for foreign bodies. The Na'ara et al study (4) provides vital advice for managing and preventing foreign body aspiration. Our investigation's results prompted parents and other caregivers to be mindful of the symptoms of foreign body aspiration, which include dysphagia, coughing, and shortness of breath (4). They also stressed how crucial it is to keep small and sharp objects out of young children's reach. The lack of statistically significant differences in the accomplishment scores of the participants based on their age, gender, marital status, occupation, level of education, and number of children suggests that education had the same effect on all

demographic groups in our research. Previous studies have also provided support for this result. For instance, Demirci observed no statistically significant difference between the participants' age, gender, occupation, educational attainment, history of home accidents, and prior first aid intervention and their scores on the disaster readiness scale (5).

The following steps will be taken for the sustainability of the project:

- Efforts will be made to implement the project module in pre-school education institutions and family health centers.
- Trainings for parents will be organized to periodically reiterate knowledge and skills related to the project.
- The findings of the project will be published in scientific journals.

The project "Practical Training on Foreign Body Extraction Maneuvers for Parents with Children Under 5 Years of Age" was effective in improving the knowledge and skills of parents with children under 5 years of age about foreign body aspiration. It would be beneficial to reach parents and provide trainings in all Primary Health Care Services, especially Family Health Centers, and in

institutions where children under 5 years of age are present, such as kindergartens and nursery schools. Necessary steps will be taken for the sustainability of the project.

Conflict of Interest

The authors declare that there is no conflict of interest.

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