My topic of study was “Risk factors associated with nutritional Rickets among children aged 2-36 months attending Gertrude's children hospital in Nairobi County, Kenya”.

The role of the nurse in my study was to identify the children who are diagnosed with rickets for cases in my study since it was a case control study. The nurses are very good at keeping records of mothers who are practicing exclusive breastfeeding, those giving their children complementary feeds. Nurses have kept very clear demographic data of mothers. During administration of questionnaires I relied on the nurses to administer them to the mothers and collect them for me. Nurses are very good and supportive in data collection, a motivation is needed to nurses, and it’s high time for them to actually be involved in clinical research not just assisting in data collection. Globally there is call for evidence based practice. There is a call for encouragement and professional development for nurses to see the need for conducting research. Please attached find my research abstract.

ABSTRACT

Rickets is a micronutrient deficiency condition resulting from insufficiency of vitamin D intake or synthesis,  Vitamin D is fat soluble and it occurs naturally present in very few foods, and added to other foods or available as a dietary supplement. It is also produced endogenously when ultrasound rays from the sunlight strike the skin and trigger vit. D synthesis (National Academy Press, 2010).

Vit. D obtained from sun exposure, food and supplements is biologically inert and must undergo two hydroxylations in the body for activation. The study seeks to understand the relationship between mothers knowledge, exclusive breastfeeding, exposure to sunlight and occurrence of rickets. Many studies have shown the advantages of exclusive breastfeeding verses the disadvantage of inadequate intake of vit D from mother’s breast milk. Some studies have also revealed the relationship of mother’s knowledge and occurrence of rickets which was highly supported by this study. Others studies have demonstrated that the less the frequency of sun exposure the higher the frequency of rickets, which is also supported by the results of this study.

Since rickets usually presents as an underlying cause of other illness much emphasis has not been implemented on its predisposing factors hence this study seeks to examine some of these factors. Though Gertrude’s Children Hospital has many satellite clinics, this study has focused
on the main hospital at Muthaiga since most ricketic children are admitted here and also come for follow up care. A systematic random sampling method was used to identify the study respondent total of 30 for control and 30 for cases. Data for the study was collected through semi structured self administered questionnaires and document review of relevant reference materials. The data was entered in excel sheet coded and validated. Analysis was by SPSS and presented in tables of correlations. The results showed that there is a strong relationship between lack of sunshine exposure and occurrence of rickets, the higher the mother’s knowledge the lower the chances of getting rickets. However there was no strong relationship between exclusive breastfeeding and rickets.