

# **A STUDY ON ASSOCIATION BETWEEN RECURRENT RESSPIRATORY TRACT INFECTION AND BREAST FEEDING 2004**

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## **Abstract**

### **Introduction & Rationale:**

As a part of the PSM curriculum we carried out a study to analyze the association between exclusive breast feeding and recurrent respiratory tract infection in children under treatment at SAT Hospital, Thiruvananthapuram. A case control study was conducted to assess the relation between exclusive breast feeding and recurrent RTI in children of 1-5 years of age from October 2007 to January 2008. The sample size was 150, consisting of 50 cases and 100 controls. The study was done by direct interviewing of the mothers of the subjects using a semi structured questionnaire. Those who were not willing to cooperate and children suffering from congenital heart diseases were excluded from the study.

The important conclusion of the study were:

1. It is found that infection in the sibling, over crowding at home at exclusive breast feeding are factors which significantly influence the recurrence of RTI in children between 1-5 years of age.

2. Children who have sibling at home with infection have 5.734 times greater risk of suffering from recurrent attacks of RTI than other. 15% (ie.22) of the study population had siblings with respiratory infection out of which 14 were cases.
3. Children from over crowded homes were found to have 5.145 times greater risk of having recurrence of RTI than other children. About 32% (ie.48) of the study population came from over crowded houses.
4. Children who were breast fed exclusively for less than 6 months has 4.235 times greater risk of having recurrent RTI than who were exclusively breastfed for 6 months. 45% (ie.68) of the study population were breastfed for less than 6 months.
5. Factors like education of father, occupation of father, passive smoking and duration of breast feeding are not individually significant but in the presence of the other factor can increase the risk of recurrent RTI in children.