

# **Effect of Health Educational Program on Mothers' Perception and Practices Regarding Care of their Children with Congenital Hypothyroidism**

**Eman N. Ramadan, Lecturer of Community Health Nursing**

Faculty of Nursing, Benha University

**Ebtisam M. Abd Elaal, Lecturer of Community Health Nursing**

Faculty of Nursing, Benha University

**Samah M. khalaf, Lecturer Pediatric Nursing**

Faculty of Nursing, Benha University.

**Khadiga M. Saied, Lecturer Pediatric Nursing**

Faculty of Nursing, Benha University

## **Abstract**

Thyroid hormone deficiency at birth is most commonly caused by a problem with thyroid gland development. **The aim of the study** was to evaluate the effect of health educational program on mothers' perception and practices regarding Care of their Children with congenital Hypothyroidism. **Materials and method:** Quasi experimental design was utilized. **Settings:** The study was conducted at central health laboratories, where the cases were diagnosed and followed -up at El-Neial Hospital which affiliated to ministry of health to complete the treatment. **Study Sample** Random sample was used as of total cases admitted to central laboratories to follow-up in a period of six months. **Tools of the study:** An interviewing questionnaire was used and includes four parts, first; is socio-demographic characteristics. Second; mothers' knowledge related to congenital hypothyroidism. Third; mothers' practices toward their children. And fourth; is the mothers' perception questionnaire. **Results:** mothers' knowledge were improved immediately after the program regarding meaning, causes, and investigation were , %, respectively, and their perception and practices were improved, with statistically significant differences between pre, post and follow-up implementation the program. **Conclusion:** The mothers' knowledge and perception were improved after the program and the practices were slightly improved after the program. There are statistically correlation between mothers' knowledge regarding perception and practices. **Recommendation:** the study recommended that raising awareness of mothers through health education regarding care for hypothyroidism child can contribute to well-being of children.

---

**Key words:** Congenital Hypothyroidism, Mothers Perception