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**A Randomized Controlled Trial on Effectiveness of Home Safety Supervisory Program (HSSP) on Childhood Injury, Caregivers' Knowledge, Home Safety Practices and Child Supervisory Practices in Udupi District.**

Renu G

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## **ABSTRACT**

Injuries among children are the most unrecognized public health issue alarming the world. The children below five years of age spend most of their time in the houses and are supervised by any one available in the family. Today the world has recognized that the majority of the injuries among children can be either foreseen or prevented and avoided. This realization will bring out a younger generation which is more healthy and with less disability and morbidity.

A randomized controlled trial on effectiveness of Home Safety Supervisory Program (HSSP) on childhood injury, caregivers' knowledge, home safety practices and child supervisory practices was carried out in Udipi District of Karnataka by Renu G for the Degree of Doctor of Philosophy at Manipal University, Manipal, Karnataka.

The study was planned in two phases. A phase I with an objective to identify the prevalence of childhood injury among children between 2 years to 5 years. Phase II of the study was a randomized controlled trial with the objectives to: (i) examine the effectiveness of Home Safety Supervisory Program (HSSP) on childhood injury among children between 2 to 5 years of age, (ii) assess the effectiveness of HSSP on caregivers' knowledge on childhood injury, (iii) evaluate the influence of HSSP in terms of : improvement in caregivers' self-reported home safety practices and caregivers' observed home safety practices, (iv) compare the caregivers' self-reported and researcher observed home safety and (v) identify the effectiveness of Home Safety Supervisory Program (HSSP) on caregivers' child supervisory practices.

The conceptual framework adopted for the study was based on H. W. Heinrich's "Injury pyramid" and Rosenstock's "Health belief Model". The review of literature of the present study was conducted in the form of systematic review with meta-analyses.

The study conducted two systematic reviews with meta analysis. The first one was on epidemiology of childhood injury, which showed the seriousness of the issue of childhood injury world wide. The second systematic review was conducted to find out the effect of home safety interventions on childhood injury and caregiver supervisory practices. The review showed that there were no home intervention conducted in India for caregivers on home safety practices and injury prevention in children.

The methodology of the study included two phases. In phase I a cross sectional survey approach was used to find the prevalence of childhood injury among children between 2 years to 5 years. The target population for this phase was the children of 2 to 5 years and their caregivers in Udupi. A house to house survey was conducted in 60 houses in each of 34 villages in Udupi. A total of 2040 households were included in the survey.

The phase II of the study was conducted as a randomized controlled trial. The villages and the houses for the study were randomized and selected by a person who was not involved in the study. The study included 10 houses per village and a total of 150 houses and the houses for the study were randomized and selected by a person involved in the study. The study included 10 houses per village and a total of 150 houses in the experimental group and 150 houses in the control group.

The data were collected using a variety of approaches, like self-report, observations, knowledge questionnaire and recollection of incidence of injury. The data collection instruments used in the study were: injury history assessment tool, knowledge questionnaire, self-reported and the researcher observed home safety practices and child supervisory practice tool. The validity and reliability of the tools were established before its administration. The home safety supervisory program was developed after discussion with experts in the field. The validity of the program was established.

The phase 1 analysis related to sample characteristics revealed that mothers are the primary caregivers (84.4%), majority of them are early adult (87%) with high school education (44.7%).

The overall prevalence of injury was 98.6%. The prevalence survey showed that fall from stair window or wall (92%), burn from hot watery vessel /food (41%), injury with sharp knife/ blade (72%), poisoning with medicine (3%) and foreign body in nose/ ears (10) were the most prevalent injuries. Play related injuries accounted 94% of all injuries.

The phase II analysis of sample characteristics revealed that the children and caregivers in the experimental and control group were having similar characteristics. The current study was aiming to evaluate the effectiveness of the home safety supervisory program on childhood injury and caregivers' behavioural outcomes, in terms of improved knowledge on childhood injury, child safety practices at home and better supervisory practices. The results of the effect of intervention on HSSP revealed there was a

positive knowledge on childhood injury, child safety practices at home and better supervisory practices. The results of the effect of intervention on HSSP revealed there was a positive statistically significant change in the experimental group in a majority of the outcomes. The findings showed significant reduction in overall and subarea wise childhood injury. There was a gain in the caregivers' knowledge on childhood injury in the experimental group compared to the control group. The observed home safety practices and self-reported home safety practices after the intervention were significantly better in the experimental group compared with the control group. The caregivers' supervisory practices in the experimental group had showed a statistically significant improvement from the control group.

The research proved that home safety supervisory program is an effective intervention in childhood injury reduction and improving caregivers child supervisory practices.