

Thesis Title            Development of Nutrition Counseling : Guidelines For  
Health Workers in Urban Area.

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#### ABSTRACT

One of the major health problem in the Urban areas is Malnutrition and severity of Malnutrition among Pre-school children in Urban area is also higher in urban than that in the rural areas. The primary etiological factors is partly due to the Psycho-social factors. In the past, many nutrition intervention strategies for this problem both control and prevention were conducted. But Malnourished children still existed in a selected group of children, especially those who lived in the slum. Since Psycho-social is a primary cause of the problem, a risk approach for control and prevention nutrition problem which was suggested by World Health Organization is Nutrition Counseling. This study is focused on Research and Development of the Guidelines in Nutrition Counseling for Health workers who work in Urban area to prevent Malnutrition in children age 12-36 months who were identified to have risk-factors. The methodology of the study are divided into three phases : namely, preparation of a counseling guidelines, pretest of its content validity and administration. In the preparation of the counseling guidelines, a structuring the chapters in guidelines was formulated. The guidelines in this phase is composed of the following section : 1. Introduction data in the section obtained by Literature Review. 2. Identification of Counselee who are at Risk,

data derived from the documentary of the Meeting at Indonesia and the conclusion of the documentary from the Psycho-social factors analysis meeting by Somchai Durongdej. 3. Identification of the protective factors. Protective factors were gathered by the Work-shop which conducted by Research team at the Department of Nutrition, faculty of Public Health, Mahidol University. 4. The process of Nutrition counseling was formulated by utilizing related theories activities that appropriate for primary Health care strategies. In phase II, the testing of its content validity was done twice. One by the participation of Health care provider in the work shop Meeting and finally by expert in counseling. Phase III, the testing of implementation was done by training and demonstration. The important findings of the study is to develop the Guidelines containing : Identification of Counselee, the tool for assessment of Risk factors with 17 items in 10 issues, and Identification of Protective factors. The tool for assessment of Protective factors consist of 21 items. The process of Nutrition Counseling which utilized two theoritical aspects were modified in formulation the guidelines. Two theories are Client-centered counseling theory and Behaviral Counseling theory.

The results of the testing of content validity was used to improve the guidelines for more effective utilization. The finality of the guidelines served technical and practical. The testing for implementation revealed that the content in the guidelines has been clear easy to use. The training for Health workers can provided a much more effectively when use together with the guidelines for implementation. Though this guidelines has been tested in content validity and administration, the feasibility test in field actual working condition should be required.