

Abstract of Master's Dissertation

No.1

Course	International Health Development (MPH)	Name	Yan Naing Aung
Thesis Title	“Complementary Feeding Practice among Mothers and Caregivers of Children Aged 6-23 Months in Low-Income Countries and Lower-Middle Income Countries: A Qualitative Evidence Synthesis Study”		

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Background :

Globally, nearly 5.2 million children under-5 years died mostly from preventable and treatable causes. Among them, nutrition-related factors contribute to about 45% of deaths in children under-5 years of age most of which occur in low-income and lower-middle income countries. Different interventions have been implemented to improve child nutrition in these countries to improve child nutrition. Among the interventions, appropriate complementary feeding practices can prevent approximately 100,000 deaths in U5 children annually. Up to 6 months, breast milk offers all the energy needs of a child. However, between 6-12 months breast milk only provides 60% of the total energy requirement. Hence, an additional 40% must be provided from complementary foods. Therefore, it is essential to give complementary feeding in a timely, adequate, safe and appropriate way according to the WHO recommendations.

Objective :

The main objective of this study is to systematically review qualitative studies on perceptions and practices of complementary feeding among mothers and caregivers of children aged 6-23 months in low-income countries and lower-middle income countries and how their feeding practices are divergent or convergent with WHO/UNICEF recommendations on Infant and Young Child Feeding practices.

Methods :

A qualitative evidence synthesis study was conducted with the qualitative studies involving mothers and caregivers of Children Aged 6-23 Months in Low-Income Countries and Lower-Middle Income Countries. Database such was done by using MEDLINE (PubMed), EBSCO (MEDLINE and Open Dissertations), Scopus, Web of Science, and Google Scholar. The author also performed quality assessment by using the Critical Appraisal Skills Programme checklist for qualitative research. The thematic was adopted with the following steps: line-by-line coding of the results, discussions and conclusion section of the studies, and making them into descriptive themes, then generated into the analytical themes.

* The abstract, containing the objective, method, result and conclusion should not exceed 300-500 words.

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<p>Results :</p> <p>A total of 18 studies were reviewed in this study, from which the themes on 10 major barriers and 4 major facilitators emerged. Among barriers, “maternal workload and lack of time,” “livestock selling for family income,” and “the role of commercial snacks” are newly reported from this review. The other barriers were consistent with previous studies. In addition to the barriers, “geographical location and accessibility of foods,” was emerged as a new facilitating factor, depicting that the availability of a variety of foods makes complementary food more nutritious.</p> <p>Conclusions :</p> <p>The barriers and facilitators identified from this review may be applicable as an initiative of the social and behavioural change in low-income settings. The new themes that emerged from this review are the basic contextual factors influencing appropriate complementary feeding practices. Improving such practices will contribute to the attainment of better nutrition and health of the children.</p> <p>(440 words)</p>			

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