

**ASSESSMENT ON UTILIZATION OF
MATERNAL AND CHILD HEALTH HANDBOOK
IN SEIKKYI KHANAUNGTOWNSHIP,
YANGON REGION**

BY

MYINT MOH SOE

M.B, B.S, M.A (Health Social Science)

A thesis submitted to University of Public Health
in partial fulfillment for the requirements for the degree of
Master of Public Health

December 2012

ABSTRACT

Maternal and Child Health had been given in priority area for health care services since the independence of Myanmar and it was also priority area in National Health Plans. Maternal and Child Health (MCH) care services were provided in Myanmar both in urban and rural setting. MCH records and registers had been used for many years. Maternal and Child Health Handbook (MCHH) was first introduced in Japan 1947 and it was used in other countries as well. This study was done to assess the effect of health education by using MCHH. This study was conducted at Seikkyi Khanaungto township in Yangon Region 2012. This was a comparative study with pre and post intervention data collections in intervention area and non-intervention areas. A total number of 110 respondents from intervention area and 110 respondents from non-intervention area who were pregnant mothers and mothers who had children under 2 years of age were participated in this study. Post intervention data collection was done one month after the health education by using MCHH. Findings showed that there was high utilization of MCH services at Seikkyi Khanaungto township and most of the respondents relied on midwives as their main service provider and as health education person. There was little change in knowledge level of respondents on danger signs for women during pregnancy, during delivery and during post natal periods. There was significant change in knowledge level of respondents on recommended number of tetanus immunization, consumption of more foods during pregnancy and not to avoid foods during pregnancy and lactation, knowledge on duration of exclusive breast feeding, and minimal required frequency for antenatal care. There was a need to increase health education activities by midwives for the pregnant and lactating mothers. Most of the respondents had finished primary and middle school. There was a need to evaluate the effect of MCH handbook utilization in future.