

## A missing link for establishing healthy feeding among infants and young children: a qualitative study on knowledge and attitudes on responsive feeding among caregivers in rural, Anuradhapura, Sri Lanka

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### ABSTRACT

**Introduction:** The development of healthy eating behaviours depends on, not only healthy, quantity, quality and diversity of foods but also it depends on Responsive Feeding (RF) behaviours. Responsive parenting reflects reciprocity between caregiver and the child and responsive parenting principles can be applied to the feeding context too. In RF, the reciprocity between the caregiver and the child is conceptualized as a process which consists of four steps. Though RF is the fifth guideline in the Sri Lankan infant feeding guideline, recent studies have shown that, RF practices among caregivers are poor. **Objectives:** To explore knowledge and attitudes about responsive feeding among caregivers who have an infant, aged between 6 to 12 months. **Methods:** A qualitative study was conducted with caregivers who were selected purposefully. Caregivers were selected to represent different communities and socio economic backgrounds. Data was collected via in-depth interviews (n=14) and Diary study with mothers (n=24). In addition to that, Focus Group Discussion was taken with Public Health Midwives (PHM). Data analysis was done using framework approach. Ethical Clearance was taken from the Faculty of Medicine, Rajarata University of Sri Lanka. **Results:** Awareness on RF was found to be poor among caregivers. Only three mothers of the study group have heard about RF. Mothers do not aware about the four-step process of RF. Awareness about the positive results of the RF reported as poor. Mothers believe that feeding behaviour is an important aspect to child development like quantity, quality and diversity of foods. Though, PHMs are conducting various Health Education programs, mothers reported that, RF concept is not taken into programs. **Conclusion:** A well planned program to improve knowledge and address attitudes is essential to promote RF practices among caregivers.

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## Antimicrobial potential of *Azadirachta indica* (Neem) and *Syzygium cumini* (Jamun) seeds against microbial pathogens from diabetic foot

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### ABSTRACT

**Objectives:** The main aim of study was to identify the phytochemicals and chemical constituents in the crude extracts by gas chromatography-mass spectrometry (GC-MS) and to identify the possible antimicrobial activities of *Azadirachta indica* and *Syzygium cumini* seeds against diabetic foot pathogens in Guyana. **Design and Methods:** Microorganisms were isolated from the pus sample of diabetic foot ulcer at the Diabetic foot clinic. Minimum inhibitory concentration of the plant extract was tested by the two-fold serial dilution method. *Azadirachta indica* and *Syzygium cumini* crude extracts were analysed using a Thermo Scientific TRACE GC ULTRA. Tests were also done to identify the phytochemicals. **Results:** The total chemical constituents that were present in ethyl acetate crude extract were: methyl 14-methylpentadecanoate; 2-Furancarboxaldehyde, 5- (hydroxymethyl); 8,11-Octadecanoic acid methyl ester; Hexadecanoic acid, methyl ester; 9-Octadecenoic acid (Z), methyl ester; Heptadecanoic acid, 16-methyl-, methyl ester. A total of 53 pathogens were isolated with the most common aerobic isolates were *Pseudomonas* sp, 11 (20.8%), followed by *Escherichia coli*, 9 (17.0 %), *Klebsiella* sp and *Proteus* sp each, 7 (13.2%), and *Acinetobacter* sp, 4 (7.6%). *Staphylococcus aureus* isolated was 7 (13.2%). *Syzygium cumini* showed a mean zones of 2 and 31mm and MIC of 25-100 mg/ml. *Azadirachta indica* obtained a mean zones of 5 and 25 mm and an MIC of 12.5-100 mg/ml. **Conclusions:** *Azadirachta indica* and *Syzygium cumini* showed a good antimicrobial property against diabetic foot pathogens.