

## KNOWLEDGE AMONG NURSING STAFF WORKING IN DSHPSH ON THE BASIC NUTRITION

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### Abstract

Field of study refers to the knowledge. Attitudes and practices of nursing staff of primary health care related to the nutrition, anemia and growth of children, as appropriate has been covering national real priorities in identifying appropriate approaches to improve the situation and major achievements in the field of food and nutrition in recent years.

Through this study aimed to determine whether there is full knowledge by the nursing staff working in advisory : small children nutrition, nutrition of women before conception and practice of feeding the family, community and their ability to attend, inform and advise the recommendations. Nurses have been the subject of study in four health centers in the city of Shkodra in 2010. PHI conducted a study to assess: knowledge, attitudes and practices of primary health care personnel in some areas related to nutrition, anemia and growth of children. The study was done by means of questionnaires or orally from 5 to 20 May 2012. Completion of questionnaires was done in the presence of the director of the paper. Nurses interviewed were not chosen in advance, interviewing them is made at the time of their submission to the health center. The methodology used is between comparative responses of nurses in the questionnaire developed by PHI in 2010 and was completed the same questionnaire after training by DSHPSH developed on Nutrition, nutrition of mother and child, in november 2011. The data are compared in a percentage form.

Questionnaire developed by PHI during 2010 shows that only 66% of nursing staff responded that breast feeding should be started since the first hour immediately after birth. As an alternative food for mothers who can not feed babies breast milk 0-6 months, 61% of nurses recommend milk cattle, while knowing that the milk of cattle is not recommended before 12 months age.

DPHSH strategies for awareness of a healthy nutrition in nursing personnel are clear and fruitful. Training conducted by DPHSH has significantly influenced the strengthening of health structures for the promotion of healthy nutrition in the population.

In DPHSH should be a tradition in the development of continuing education. Promoting and facilitating active participation in community activities conducted by the staff of health centers. Provide technical assistance, consultation and association of innovative initiatives in health centers.

**Keywords:** *Nursing staff, Basics nutrition, Nutrition, Breast feeding.*