

## **P2: Influence of an education session about respiratory infections in children's health and quality of life**

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**Introduction:** Acute Respiratory Infections (ARI) are the major cause of infant morbidity and mortality. They may decrease children's Quality of Life (QoL). Therefore, Health Education Programs are needed particularly during *teachable moments* such as pregnancy, in order to promote correct behaviors towards ARI prevention.

**Objectives:** To evaluate the influence of an education session about respiratory infections in health indicators of children under one year old and on the mother's perception of their children's QoL.

**Materials and Methods:** A quasi-experimental study with a sample of 24 volunteer mothers: 12 attended an educational session about respiratory infections during the 3<sup>rd</sup> trimester of pregnancy (GS) and 12 didn't attend the session (GNS). Monthly after birth, the respiratory health status of the child was monitored with a *Diary of Records* and the mother's perception of their children's QoL was understood according to *Pediatric Quality of Life Inventory™ Infant Scales*.

**Results and Discussion:** The QoL was higher in the GS compared with the GNS (Total score  $p=0,028$ ; Physical Health sub-score  $p=0.014$ ). The frequency of respiratory infections ( $p=0.037$ ), the use of health services ( $p=0.041$ ) and medication were lower in GS compared with the GNS.

**Conclusion:** The education session about respiratory infections had a positive influence in health indicators on children up to one year old, as well as in the mother's perception of their children's QoL.

### **References**

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