CHAPTER-7

CONCLUSION; IMPLICATION;
LIMITATION AND RECOMMENDATIONS
This chapter deals with conclusion implication limitation and recommendations to research in future.

CONCLUSION

After the detailed analysis the study leads to the following conclusions. Physical growth of school going children directly effects the nutritional status of school going children. The observational profile of the child reveals that most of the children were under weight and nutrition was not adequate. It was found effective when information was given by self-instructional module and the mother’s responded well. The associations were done between the physical growth and nutritional status with the demographic variables by statistical methods.

IMPLICATION

We want to gain in sight into our past and remind us to see how it shaped us into adults. This is a provocative area of inquiry and as a teacher one can be interested in the well being of the children in ones class. It’s also interesting area for policy making and implementers like teachers to have an insight of physical abuse and mental retardation. Development is growth and change of pattern forward movement that begins at conception and continues through out the entire life span. It’s quite complex and a product of several process get involved. Human physical development involves genes, environment, motivation, gradual differentiation to the body and its influence so as rare as
of human development. Therefore physical development is the simple change in the size, weight and quantitative changes that bring about other physical and anatomic changes. Physical development hence involves weight gain, height change, and growth of limbs, head, and enlarging size of the brain, heart, lungs, feet and hands. This occurs in a predictable pattern, therefore any deviation to this pattern it is a cause of concern. Every child is the builder of the nation is future. Childs mortality and morbidity rate confirms the strength. It is the responsibility of the every one to act and think to maintain the health of every child by improving the nutritional status and other influencing factors checks ups to reduce the morbidity and mortality of the school going children. Necessary knowledge gained at the right time ensures positive attitude and practice

**NURSING PRACTICE**

Nutrition is an essential aspect of nursing care. It is as vital as medication and other types of treatment. Nurses should ensure that patients in their care have the right nutrition at the right time. Through effective management, leadership and professional development, and by sharing best practice, challenging poor practice and working in partnership with patients, families and careers, nurses can over come that which stands in the way of excellence. Children should be eating the right amount and the right types of food because their diet affects growth and development. A healthy balanced diet can help to prevent disease in childhood, such as anemia, dental decay and childhood obesity. In the long term, a good diet can protect against diseases in later life, such as heart disease, stroke, osteoporosis, The importance of
good nutrition in children and adults cannot be overestimated. Nutrition underpins health, contributes to growth and development and can influence recovery from illness and disability (Bradley and Rees 2003). The aim of this article is to identify the key nutritional issues for nursing practice in UK. While the key principles of nutrition remain the same, the challenges for adult and pediatric nurses can be different. This article addresses adult and pediatric issues separately, enabling readers to consider implications for their own practice.

Assessment of physical growth and nutritional status and related knowledge of mother is an effective action which can be safely included in the management and prevention of nutritional disorders of the school children in the rural community.

Assessment of physical growth and nutritional status is an important aspect to determine the resources of the community available for the maintenance of health of school going children.

Education and planning menu to be taught to parents specially mothers and should be encouraged for the dietary practices.

There is a need to develop periodic school health programme to evaluate and reinforce the positive attitude about the child carrying practices. Teaching programme to be organized in the school in the form of puppet show or small skit to teach about the beneficial nutritive values of the food at the level of child’s understanding.

Primary and middle school teachers should have basic knowledge about the relationship of the nutrition and health and they should have training for the
health maintenance of school children at schools

All the children should be taught to consume mid day meal facilities. So it should be according to the taste of child with less spicy but also hygienic

All the teachers should be equipped with update knowledge about the health maintenance and prevention of communicable disease

NURSING EDUCATION

Nursing education is developing rapidly in India and nurses are found all over world providing care and education.

The education curriculum must include imparting knowledge about the use of audio visual aids and various strategies.

Now a day’s much importance is given to awareness and promotion of health than the curative aspects. As the need of the society are continuously changing, new component must be incorporated in the nursing curriculum. Nursing education must emphases on preventive and rehabilitative aspects

Policies should be established in the nursing institutions to help students to improve the knowledge about nutrition of school going children for physical growth.

Adequate knowledge should be given to students so that they can provide information to community about the impact of nutritional intake on growth in school children
Education has the opportunity to play an important role in the changing the behaviour of the learner. There is need to develop a periodic programme for the assessment of physical growth and nutritional status of school going children.

Nursing teachers can use the result of the study as an information illustration for students. Nursing education should help in inculcating value and sense of responsibility in students. This is an essential part of nursing.

**NURSING ADMINISTRATION**

As a part of administration the nurse plays a vital role in educating client and the nurses. In the event of changing community trends and health focus nursing administration has a responsibility to provide nurse with continuing education workshop conferences in community health personnel and school faculty. This enables them in updating their knowledge and acquiring new skills. The nurse administrator can depute them to various workshop conferences and special courses also in service education programme related to school children diet. Administrator can impart knowledge about newer trends in societal needs and in training of the community people for care of their children and to subordinates also. Administrator can also motivate the nursing staff to develop and information material to impart knowledge about the nutritional status of school going children. Administrator can take project on education of student nurse as well as well as staff nurse by organizing workshop, conferences in school and college.
NURSING RESEARCH

Nursing research is an essential aspect of nursing as it up-lifts the profession and develops new nursing norms and a body of knowledge. Very few studies have been done on similar basis. The research design, findings and the tool can be used as avenues for future research. It’s the hours need for extensive research in the area of strategies for educating nurse researchers should be able to conduct research on various aspects of assessment of physical growth and nutritional status and knowledge of mother for care to school children. Finding for the study will provide an insight and baseline data for educating the parent’s. It can be used as a reference for the future studies. The generalization of the study result can be made by replication of the study. More research needs to be conducted with large sample size in different setting

COMMUNITY EDUCATION

School health services initiated in 1962 has greater role in improvement and prevention of nutritional disorders and promotion of health of school children. Its need for the society to include knowledge of impact of nutritional status on physical growth of school children in the curriculum in order to follow fair and healthy practices. Every community nurse, school health personnel and parent must understand implication and importance of administration of proper age appropriate diet to school children. It’s very essential to educate parents the importance of how to manage dietary practices at home, community and at school (mid-day meal)
LIMITATION
1. Present study is a non experimental study so there is no control group and experimental group

2. Study of other factors related to knowledge of dictator care such as practice attitudes of parents about the child care could not be studied due to time constrains. Thus the generalization of findings are limited

4. Limited time was allotted for data collection

5. Non random purposive sampling was adopted. It limits the generalization of finding

RECOMMENDATIONS
1. Similar study can be done to know the attitude and practice of parents for child’s nutritional status

2. Similar study can be done on preschool children

3. A comparative study can be done on urban and rural school children

4. Study on impact of nutritional status of the mothers and nutrient intake during pregnancy on birth and outcome of children can be done.

5. Comparison of nutritional status, intelligence, socio economic status and participation in extracurricular activities between rural and urban children.

6. Similar study can be done on large sample of mothers of school going children on physical growth and nutritional status.