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Mothers' awareness of the use of vitamin D for themselves and their infants

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Objective: This study was conducted to determine the awareness of the use vitamin D of mothers for themselves and their babies.

Methods: This study was conducted among 400 mothers with 0-12 month old children who are registered in a Family Health Center affiliated to Istanbul Public Health Directorate between February-April 2017. Applying the face to face questionnaire method, mothers were asked about socio-demographic characteristics and their knowledge, usage awareness about vitamin D supplementation. Data were evaluated with correlation, analyzes number and percentage.

Results: 73% of the mothers were between 30-45 years old, 64% of them are graduated in college and above. 33.5% of babies received only breast milk for the first 3 months. All of the mothers gave vitamin D to their infants. 90% of mothers started vitamin D on the 15th day after birth and 52% of them gave vitamin D with dropper at any time of day. 46,5% of the mothers thought that their children should be given vitamin D until the end of 12th month. In pregnancy period, the proportion of mothers receiving only vitamin D preparation was 22.5%. 45,5% of the mothers stated that the egg yolk contains of vitamin D mostly. 47% of the mothers said that there would be highly fatigue and weakness in the muscles when vitamin D is taken excessively. All of the mothers had knowledge that the sun's rays are important for bones. In addition, all the mothers who applied to the X family health center were observed to be very satisfied with their midwifery services.

Conclusions: Mothers' attitudes towards using vitamin D at the recommended dose, taking their infants to the sun were positive. However, they are lacking knowledge and awareness of vitamin D use during pregnancy. It is important that midwives/nurses working in the family health center inform the mothers in an understandable language about the dose and duration of vitamin D use, effects-side effects, what the vitamin D sources are, and until when the vitamin D can be used. In addition, as from the preconceptional period, the organization of training programs and the delivery of written brochures on the use of vitamin D before the pregnancy and during the pregnancy and breastfeeding periods for both themselves and their infants will raise awareness about vitamin D.

Biography

Ayca Solt has been studying PhD in Istanbul University Faculty of Health Science Department of Midwifery since 2015. She has worked at the Family Health Center as a midwifery between 2009-2016 in Istanbul. She has been working in Kırklareli University as Research Assistant since 2016. She has published one book chapter author, one review, three oral presentation and one poster presentation. She has been a Member of Midwifery society in Turkey since 2008.

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