

2nd International Conference on **Nursing & Healthcare**

November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

Identifying the merits and demerits of traditional management of common cold in babies Cameroon case study Kumba

Tcheunkeu Ebanga Nadine
Catholic Health Association, Cameroon

Introduction: Regarding the fact that we are in Africa, we have diverse traditional beliefs as regard the management of some illnesses. This cross-sectional study targeted mothers to view their strategies in managing cold in their babies. Seven tribes were used for the research to give a clearer view on diversity. These tribes were Bayangis, Bakwerains, Hausas, Bangwas and the Mbos.

Results: It was noted that despite the different origin of these mothers they all had similar methods of management. 100% said that they use palm oil and instill in both nostrils, while they also agreed that the sometimes use the commonly known Macepou.

Conclusively: All the mothers tried home management of common cold. About 60% of them had a positive result. Some also faced adverse effects due to their practice

Solutions: They were enlightened on the dangers of instilling palm oil in the child's nostrils that it may cause vaso occlusion, snorea and even death. Health education was also given during IWC and ANC visit to all mothers.

Biography

Tcheunkeu Ebanga Nadine is a nurse working with the catholic health association of the Diocese of Buea. I am precisely the consulting nurse and nurse incharge of the pediatric unit in Catholic Health Center Fiango kumba. I was born in a little town in south west region of cameroon called kumba some 30years ago by mother Susan Tabe and father Tcheunkeu Thomas all of whom are cameroonians. I had an ordinary level and A level in science and later partionate about caring for people I proceeded to the university and acquired a higher national diploma in nursing and a bachelor degree in nursing. I am a happy mother of three kids one boy and two girls.

nadineebangha@gmail.com