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### A Cross-Sectional Survey of Family Care Behaviors for Children with Upper Respiratory Tract Infections in China: Are There Opportunities for Improvement?

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**Objective:** To describe family care behaviors for children with upper respiratory tract infections (URTIs) and explore related factors. **Design and Methods:** Parents of children with URTIs were included in this cross-sectional study. Family care behaviors, disease-related knowledge, and parental self-efficacy were evaluated with validated measures.

**Results:** Among the 419 participants, 73.80% recognized diseases based on their children's abnormal presentation. Self-medication was the main home care measure (36.28% used only self-medication; 27.92% used both self-medication and physical cooling methods), and 36.5% received suggestions from medical professionals. All the participants took their children to the hospital, and 28.20% did so two or three times. The proportions of visits to level II or III hospitals were 49.64% and 83.87% for first and third hospital visits, respectively. Parents who had less disease knowledge and assessed children's diseases as more serious took their children to the hospital more often ( $p < 0.05$ ); those whose nearest medical institution was a community health center were more likely to visit such centers ( $p < 0.001$ ).

**Conclusions:** Most of the parents recognized symptoms of URTIs and provided home care but lacked enough knowledge and professional support to take reasonable measures. Hospital visits were their primary choice. **Practical Implications:** Family care behaviors for children with URTIs could be improved through health education, and an internet nursing service or family doctor system is suggested. A hierarchical medical system is necessary to reduce hospital visits, as are more community health centers with pediatric services.

#### **Biography:**

Zhong Dongmei is a graduate student in the School of Nursing, Sun Yat-sen University. Zhong Dongmei has received bachelor's degree in Nursing from Sun Yat-sen University in 2019. Research direction in her master's degree is behavioural and health outcomes research. Zhong Dongmei focus on her studying patients' health-related behaviours and exploring related factors. She have her study published in the Journal of Pediatric Nursing that is about family care behaviours in pediatric patients.