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FACTORS CONTRIBUTING TO HOME ACCIDENTS IN CHILDREN UNDER 5 YEARS IN BULWA ZONE, LUBAGA DIVISION, KAMPALA DISTRICT.A CROSS-SECTIONAL STUDY.

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ABSTRACT.

Background:
Globally, 830,000 children die due to home accidents worldwide corresponding to 2000 deaths per day. Furthermore, Uganda has an under-five child mortality rate of 90 deaths per 1000 live births with 5% attributed to home accidents mainly falls and burns. The purpose of the study was to determine the factors contributing to home accidents in children after five years in Bulwa zone, Lubaga division, Kampala District.

Methodology:
The study used a descriptive cross-sectional study design that involved quantitative data collection methods. A sample size of 30 was selected using a simple random sampling method. Structured questionnaires were used to collect that were analyzed using the Microsoft Excel program 2016 for presentation into tables and figures.

Results:
The findings on caretaker-related factors included; 70% never had time to watch children while playing, 60% disagreed with restricting children while playing and 68.8% reported a history of home accidents in the children while drunk. Child-related factors ranged from 93.3% reported that gender contributes to a home accident with all reported males being the most affected gender, 33.3% reported that their children engaged in active games like football and running and 66.7% children had not been trained about prevention of home accidents. Environmental factors were; that 53.3% had cemented floors, 36.7% had dogs at home, and 70%) were cooking on the veranda.

Conclusion:
The study concluded that caretaker-related factors, child-related factors, and environmental factors were contributing to home accidents.

Recommendation:
Training children on the prevention of home accidents should be done and also encouraging mothers to restrict and monitor their children from engaging in risky activities.

Keywords: Home Accidents, Children Under 5 Years, Kampala District
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BACKGROUND OF THE STUDY.

Home accidents are events that occur inside the home or near the home that result in an injury (Alya et al., 2020). Burns falls, cuts, bruises, poisoning, drug overdoses, suffocation, and sport-related injuries among others are the most common types of home accidents among children aged below 5 years in the population and are triggered by several factors (Carroll & correspondent, 2021).

Globally, 830,000 children die due to home accidents worldwide corresponding to 2000 deaths per day and many are referred to hospitals due to injuries caused by home accidents, and many end up with disabilities (Sackltey, 2018). Also, home accidents are a major public concern in public health, and has been indicated that 95% of the injuries result in disability especially in low and middle-income countries while 40% result in the death of children especially children below 5 years (Calaletin., 2017). It is reported that falls, burns, and poisoning are among the most common home accidents that occur in homes and constitute 25% of all injuries in the world and have been tabled among the first 20 causes of death in children below 5 years worldwide.

In the USA, the National Safe Kids Campaign report showed that (40%) of deaths and (50%) of unintentional injuries resulting in death occurred inside or around their homes. These injuries result mostly from rough playing surfaces, poor keeping of sharps and drugs by caretakers, and poor knowledge of caretakers on injury prevention. In Europe, home accidents are the fourth leading cause of child deaths. This high prevalence of home accidents is greatly influenced by an untidy environment full of glasses and pits.

In Africa, the incidence of notified home accidents is significantly high for instance Morocco, serious home accidents count for 15.5% of admissions to the pediatric intensive care unit, and in Senegal, accidents count for 28.8% of all consultations and 16% of admissions in the pediatric surgery departments (Padonou et al, 2022). Socio-economic and environmental factors influence the occurrence of home accidents which may be related to the child himself, the environment, and the products involved in the accident (Mohamed et al, 2015).

In East Africa, a study done in Kenya regarding home accidents among children less than 5 years indicated that domestic accidents were at (84%) mainly being fall slipping (90%), burns (86%), choking (52%), animal bites (24%), contact with hot water (64%) and accidental swallowing of detergents and drugs were (96%) and (84%) respectively which has led to many children under 5 years die and others develop morbidities These were mostly due to lack of supervision by caretakers to children.
In Uganda, the prevalence of home accidents is 497 injuries per 1000 children constituting (75.5%) of all injuries, the commonest injuries being cuts, bites, and open wounds (30.6%) and bruises at (28.6%) which is responsible for the high number of death among children below 5 years and others developing lifetime deformities. the high prevalence of home accidents was related to poor knowledge of caretakers towards prevention of home accidents(Admin, 2021).

Also, findings of the study indicated that 52% of under 5 children had home accidents and these were falls, cuts and pieces, and mechanical hits in 37.9%, 25.8%(Yadav et al., 2016), and 24.1% respectively. These home accidents were highly related to the negligence of children by caretakers.

The study describes the child-related and environmental factors contributing to home accidents in children under five years old in Bulwa zone, Lubaga division, Kampala District.

METHODOLOGY.

Study design and rationale.

In this study, a descriptive cross-sectional study design was used and it utilized quantitative methods of data collection. This research study design is preferred because it was less time consuming and in addition, the researcher collected data at once without following up with respondents.

Study setting and rationale.

The study was carried out in Bulwa zone, Lubaga parish, Lubaga Division, Kampala District. It is neighboured by Musigula village, Mbuubi zone, Kabusu zone, and Rubaga. The community is dominated by both low and middle-income earners comprised of Baganda-speaking people. The main economic activities are both small and middle-scale businesses dealing in Merchandise. This setting was vital for research because there are many cases of home-related accidents reported at Lubaga Hospital from the hospital neighbourhood.

Study population.

The study targeted caretakers of children under five years in the Bulwa zone.

Sample size determination.

The sample size was 30 participants and as the UNMEB guidelines state that a minimum of 30 participants.

Sampling procedure.

A simple random sampling procedure was used. This can be defined as a sampling procedure that gives each person in the study population a chance to be selected. This involved 30 papers labeled "YES" and 30 labeled "NO" were put in a box and shaken. The eligible respondents who were a caregiver who picked the paper with the Label "YES" were enrolled in the study. This procedure was considered because of its ease and accuracy of representation; selecting subjects completely at random from the larger population produces a sample that is representative of the group being studied.

Inclusion criteria.

This study included all caretakers of children under five years with home accidents aged above 18 years and had consented voluntarily to the study.

Variables.

Independent variables.

• Caretaker-related factors contributing to home accidents in children under five years

• Child-related factors contributing to home accidents in children under five years

• Environmental factors contributing to home accidents in children under five years

Dependent variable

The dependent variable was home accidents in children below five years.

Research instruments.

Data was collected by a structured questionnaire consisting of both open and closed-ended Questions in the English language and translated into Luganda designed to explore the factors contributing to home accidents in children under five years.

Data collection procedure.

After approval of the proposal, an introductory letter was obtained from the research committee of Lubaga Hospital Training School which was then presented to the Chairman LCl Bulwa zone. The researcher made a self-introduction and distributed the questionnaire to the respondents. The purpose of the study was explained to each respondent. A questionnaire will be given to each participant and each respondent who fulfilled the criteria for participation in the study was greeted and made comfortable in a separate room to ensure privacy. For the respondents who did not understand English, interpretation of the local language was done with the help of the research assistants. For confidentiality and anonymity, serial numbers were used instead of names, and the questionnaires were kept in a locked cupboard and the key kept by the researcher. Then the researcher thanked the respondents after the interview.

Data management

In the process of data collection, each questionnaire after filling was checked for completeness and accuracy before leaving the area of study. Filled questionnaires were kept properly in a locker for confidentiality and safety.

Data analysis.

The data collected was analyzed by entering it into the computer using Microsoft Office Word and Microsoft Excel 2016 where data were presented in tables, graphs, pie-charts, and figures.

Ethical consideration.

An introductory letter was obtained from the research committee of Lubaga Hospital Training School. This letter was presented to the Chairman LCI Bulwa Zone seeking permission to carry out the study. Participants received an explanation of what the study was about in a simple and easy language that they could understand by everyone before enrollment and only those willing to participate consented and anyone who wanted to pull out of the study was free to pull out. People were not forced to participate in the study which is a fundamental principle of voluntary participation in in research ethics. Confidentiality was ensured to respondents and was highly observed during the study by respondents using serial numbers instead of names and questionnaires were kept in a locked cupboard and the key kept by the researcher.

RESULTS.

Demographic characteristics.

Table 1: Demographic characteristics. n =30

According to Table 1;
The majority of the respondents 22(73.3%) were female while the minority 8(26.7%) were male.

Most of the respondents 11(36.7%) were aged below 25 years while the least 4(13.3%) were aged above 60 years.

Most of the respondents 14(46.7%) had attained secondary education while the least 4(13.3%) had no formal education.

The majority of the respondents 26(83.3%) were town residents while the minority 1(3.3%) were living in village residents.

Variable	**Responses**	**Frequency (f)**	**Percentage** (%)
Gender	Female	22	73.3
	Male	8	26.7
	Total	**30**	**100**
Age (years)	<25	11	36.7
	25-40	10	33.3
	41-60	5	16.7
	>60	4	13.3
	Total	**30**	**100**
Education level	No formal	4	13.3
	Primary	7	23.3
	Secondary	14	46.7
	Tertiary	5	16.7

	Total	**30**	**100**
Residence	Town	26	83.3
	Village	**1**	3.3
	Slum	3	10
	Total	**30**	**100**

Caretaker-related factors contributing to home accidents in children under five years

Table 2: Showing relationship with the child **n =30**

Variable	**Frequency**	**Percentage(%)**
Parent	20	66.7
Grandparent	4	13.3
Uncles/aunt	5	16.7
Family friend	**1**	3.3
Total	**30**	**100**

Table 2 shows that the majority 20(66.7%) were parents to the children while the minority 1(3.3%) were family friends.

Figure 1: Employment status of respondents n =30

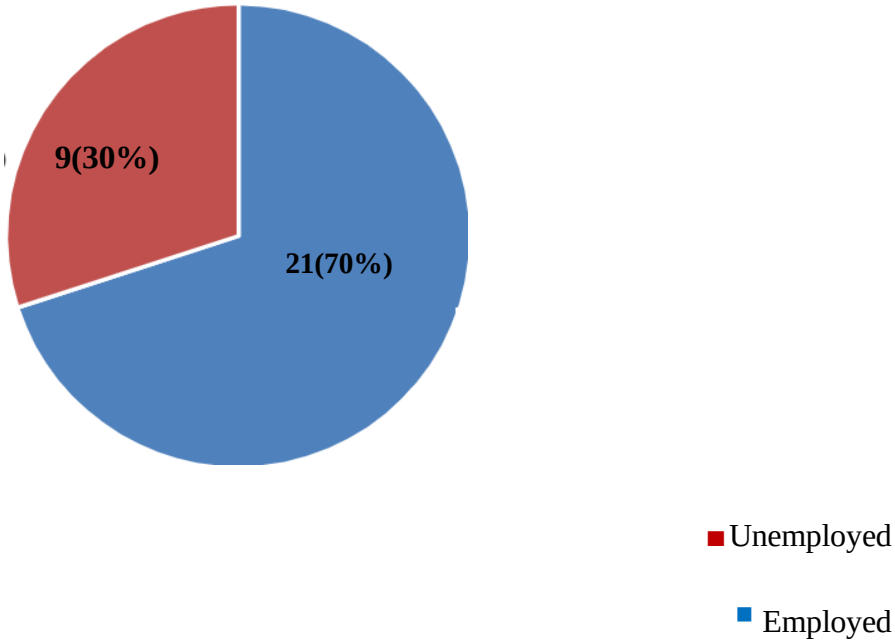

Figure **1** shows that the majority of the respondents 21(70%) were employed while the minority 9(30%) were unemployed.

Table 3: Knowledge about prevention of home accidents n =30

Variable	**Responses**	**Frequency**	**Percentage** (%)
Reception of information on the prevention of home accidents	Yes	30	100
	No	0	0
	Total	**30**	**100**
Example of preventive measures for home accidents	Removal of risky materials	15	50
	Avoiding leaving the child alone	11	36.7
	Avoiding slippery surfaces	4	13.3
	Total	**30**	**100**

Table 3 shows that all respondents 30(100%) had received information on the prevention of home accidents. Half of the respondents 15(550%) knew about the removal of risky materials while the least 4(13.3%) knew about avoiding slippery surfaces.

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Figure 2: Availability of time to watch the child while playing N=30

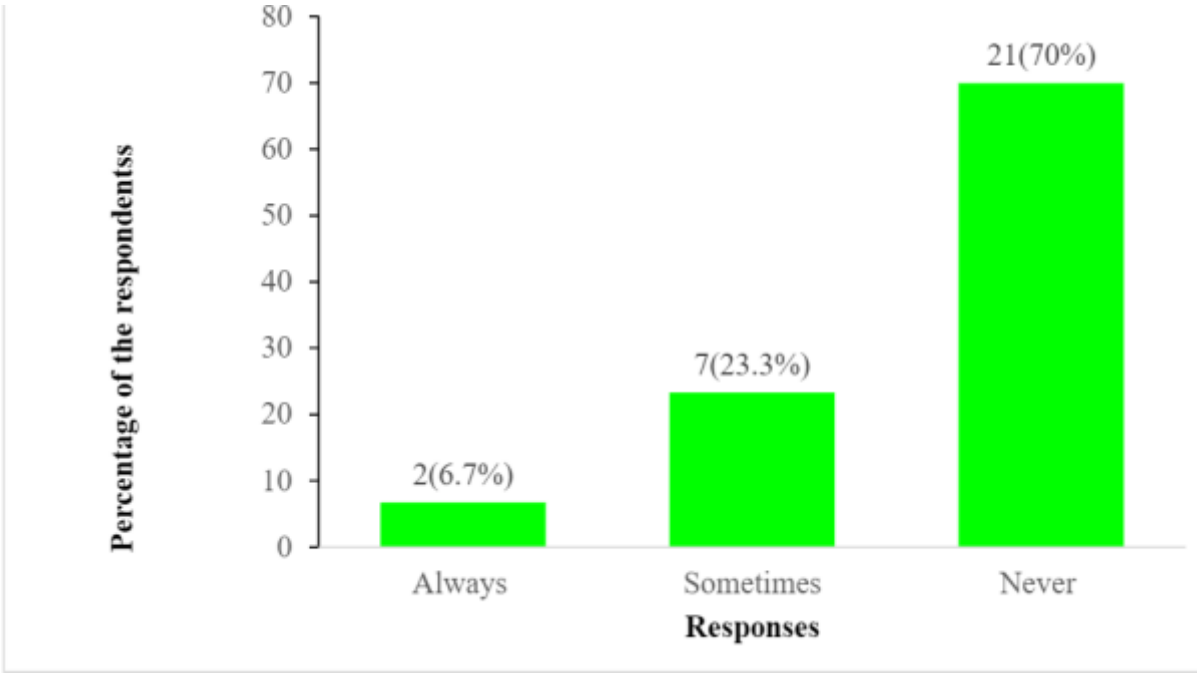

Figure 2 shows that the majority of the respondents 21(70%) never had time to watch the child while playing while the minority 2(6.7%) always had time.

Table 4: Perceptions towards prevention of home accidents n=30

Variable	**Category**	**Frequency**	**Percentage** (%)
It is necessary to restrict your child from playing	Agree	11	36.7
	Neutral	**1**	3.3
	Disagree	18	60
	Total	**30**	**100**
Home accidents in children are preventable	Agree	4	13.3
	Neutral	5	16.7
	Disagree	21	70
	Total	**30**	**100**

Table 4 shows that most of the respondents 18(60%) disagreed that it is necessary to restrict your child from playing while the least 1(3.3%) were neutral. The majority of the respondents, 21(70%) disagreed that home accidents are preventable while the minority 4(13.3%) agreed.

Figure 3: Alcohol consumption . n =30

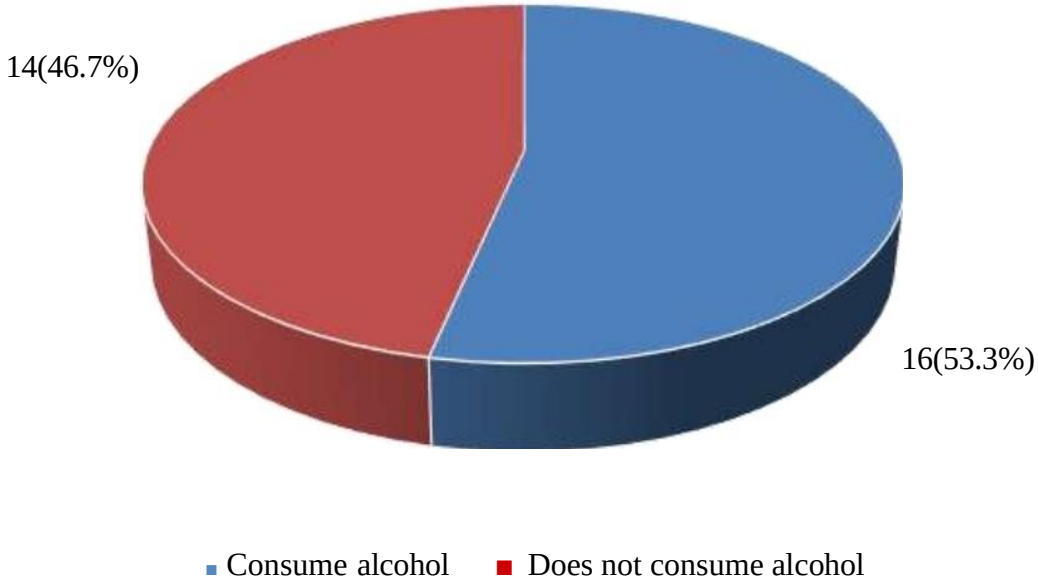

Figure 3 shows a majority of the respondents 16(53.3%) were consuming alcohol while the minority 14(46.7%) did not consume alcohol.

Table 5: History of home accident when drunk **n = 16**

Variable	**Frequency**	**Percentage** (%)
Yes	11	68.8
No	5	31.2
Total	**16**	**100**

Table 5 shows that the majority of the respondents 11(68.8%) reported a history of home accidents in the child while drinking while the minority 5(31.2%) reported that never had a history of a child with home accidents.

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Child-related factors contributing to home accidents in children under five years

Table 6: Effect of gender of home accidents **n =30**

Variable	Response	Frequency	Percentage (%)
Whether gender contributes to home accidents	Yes	28	93.3
	No	2	6.7
	Total	**30**	**100**
Most affected gender	Male	28	100
	Female	0	0
	Total	**28**	**100**

Table 6 shows that almost all respondents 28(93.3%) reported that gender contributes to home accidents while only 2(6.7%) reported that gender does not contribute to home accidents, All those who believed that gender contributes to home accidents, respondents 28(100%) reported male are the most affected gender.

Figure 4: Age group most affected by home accidents **n =30**

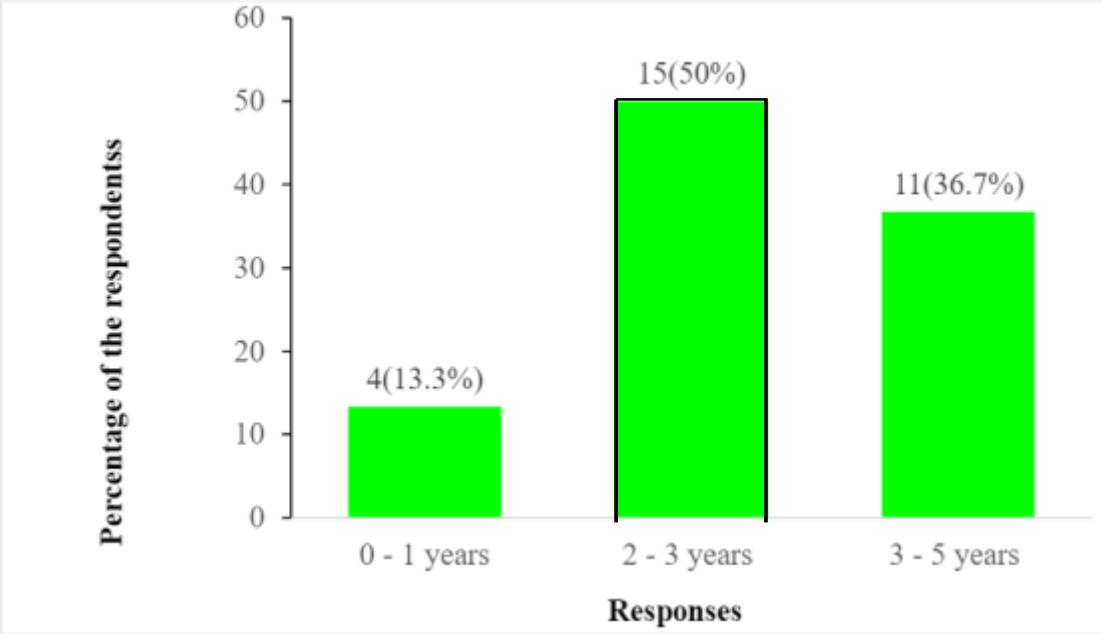

Figure 4 shows that half of the respondents 15(50%) reported that children aged 2 - 3 years are the most affected while the least 4(13.3%) mentioned 0 - **1** years.

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Table 7: Child's hobby **n =30**

Variable	**Frequency**	**Percentage** (%)
Watching television	7	23.3
Playing active games like football and running	10	33.3
Hide and seek	8	26.7
Passive games	5	16.7
Total	**30**	**100**

Table 7 shows that the majority of the respondents 10(33.3%) reported that their children engaged in active games like football and running while the minority 5(16.7%) reported passive games.

Table 8: Training of the child on home safety **n =30**

Variable	**Frequency**	**Percentage** (%)
Always	3	10
Sometimes	7	23.3
Never	20	66.7
Total	**30**	**100**

From Table 8, the majority of the respondents 20(66.7%) never trained their children in home safety while the minority 3(10%) always trained their children.

Figure 5: Presence of any mental illness **n =30**

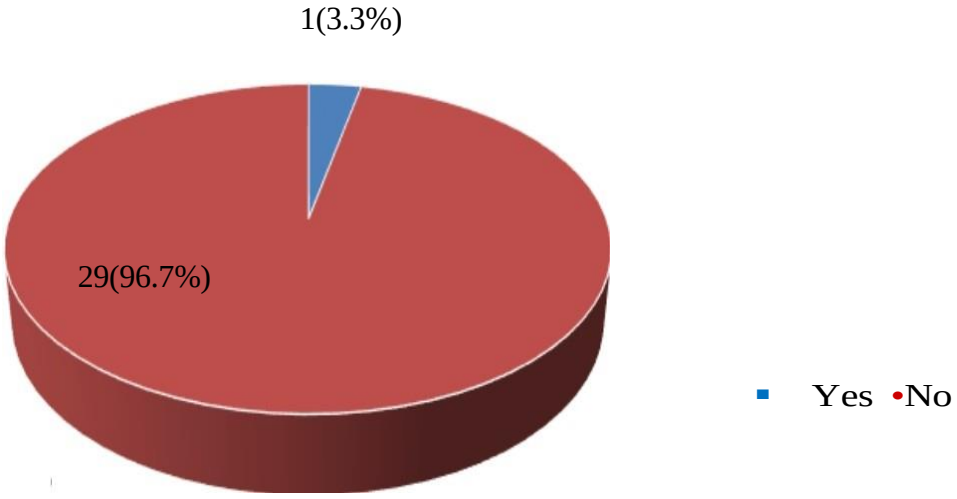

Figure 5 shows that the majority of the respondents 29(96.7%) reported that their children did not have any mental illness while the minority 1(3.3%) reported that their children had a mental illness.

Table 9: Number of children at home **n =30**

Variable	**Frequency**	**Percentage** (%)
1 child	2	6.7
2 - 5 Children	6	20
More than 5 children	22	73.3
Total	**30**	**100**

Table 9 shows that the majority of the respondents 22(73.3%) had more than 5 children at home while the minority 2(6.7%) had 1 child.

Environmental-related factors contributing to home accidents in children under five years

Figure 6: Type of floor in your home **n =30**

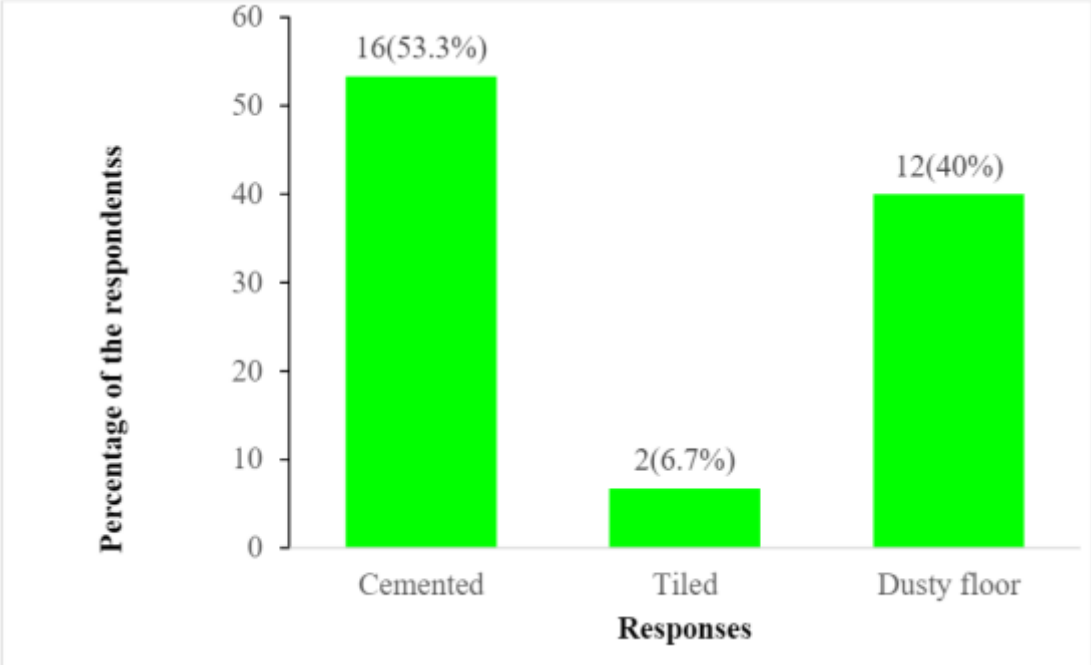

Figure 6 revealed that most of the respondents 16(53.3%) had cemented floors while 2(6.7%) reported that they had tiled floors.

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Table 10: Showing animals kept at home **n =30**

Variable	Frequency	Percentage(%)
Dogs	11	36.7
Cats	5	16.7
Cattle	4	13.3
None	10	33.3
Total	**30**	**100**

Table 10 shows that most of the respondents 11(36.7%) had dogs at home while the least 4(13.3%) had cattle.

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Table 11: Showing place where drugs are kept at home **n =30**

Variable	Frequency	Percentage(%)
Table	4	13.3
Cupboard	**14**	46.7
In bedroom	8	26.7
Anywhere convenient	4	13.3
Total	**30**	**100**

Table 11 shows that most of the respondents 14(46.7%) stored drugs in the cupboard while the least 4(13.3%) kept drugs anywhere they felt convenient.

Table 12: Source of light used at home **n =30**

Variable	Frequency (t)	Percentage(%)
Candle	7	23.3
Lamp	5	16.7
Bulb	18	60
Total	**30**	**100**

Table 12 indicates that the majority of the respondents, 18(60%) used a bulb as a source of light while a minority 5(16.7%) used a lamp.

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Figure 8: Risky structures at home **n =30**

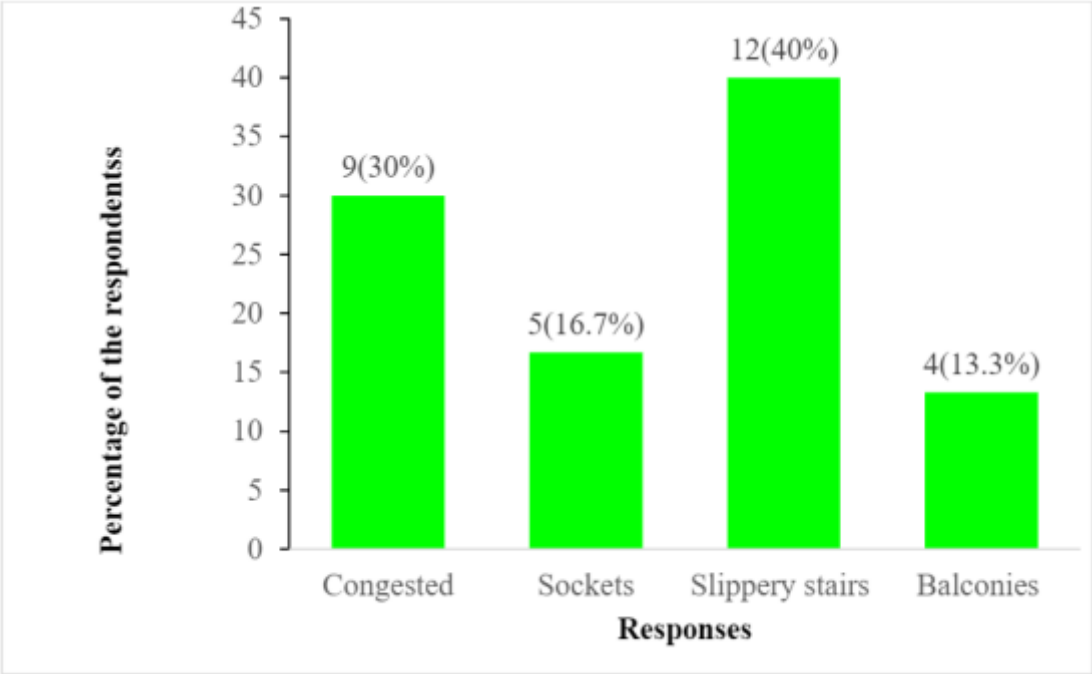
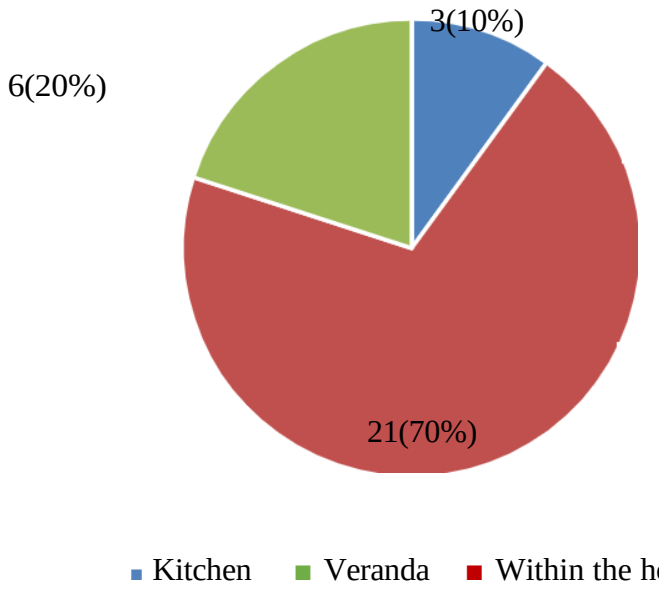


Figure 8 shows that most of the respondents, 12(40%) had slippery stairs while the minority 4(13.3% had balconies.

Figure 7: Place of food preparation n =30



The majority of the respondents 21(70%) were cooking on the veranda while the minority 3(10%) were cooking in the kitchen.

DISCUSSION.

Demographic characteristics.

Majority of the respondents 22(73.3%) were female. This is because child care is primarily a responsibility of females and hence plays a crucial role in the prevention of home accidents. This agrees with a study by Tusiime et al, (2022) which revealed that most caretakers (91.8%) were female. The minority of the respondents 8(26.7%) were male. This is because males spend most of their time at work hence not involved in caring for children.

Most of the respondents 11(36.7%) were aged below 25 years. This is because most mothers with children under five years belong to a young age category. The findings disagree with a study by Silva where most of the caregivers (38.1%) were aged 25 - 31 years and had children with home accidents. The least 4(13.3%) were aged above 60 years which is because most caretakers were parents to children under five years therefore this age group could not have young children.

Most of the respondents 14(46.7%) had attained secondary education. This meant that most caretakers were literate and hence had attained some information on the prevention of home accidents at school. This is contrary to a study that found that 45.3% and 34.8% of respondents with primary and no formal education respectively experienced more incidences(Ioannidis, 2005) of home accidents. The least 4(13.3%) had no formal education which is because of easy accessibility to secondary schools hence few were illiterate.

Caretaker-related factors contributing to home accidents in children under five years.

The majority 20(66.7%) were parents to the children. This is because parents to children occasionally fail to punish children for carrying out risky practices as compared to other types of caretakers thereby putting them at risk of home accidents. This is contrary to a study that found that 31.7% of children raised by their grandparents had high risks of domestic falls (Kennedy & Thomson, 2010). A minority of the respondents 1(3.3%) were family friends. This could be because of the existence of nuclear families in urban areas hence few children were cared for by other family members besides the parents.

The study revealed that the majority of the respondents 21(70%) were employed. This leads to parents leaving their children at home without any other person conh·olling their behaviors which puts them at risk of home accidents. This is in agreement with the study by Akturk and Erci, (2016) which revealed that 54% of mothers who belonged to the unemployed and lowest economic status had their children suffering from home accidents, unlike those rich families. A minority of the respondents 9(30%) were unemployed(Team, 2022). This is because unemployed mothers have adequate time to care for their children hence preventing home accidents.

According to study results the majority of the respondents 21(70%) never had time to watch their child while playing. This is due to busy personal schedules such as business and home chores thereby sparing limited time to watch the child while playing.. The minority of the respondents 2(6.7%) always had time to watch the child while playing. This is because some mothers were unemployed and hence had time to watch over their children.

The findings of the study revealed that most of the respondents 18(60%) disagreed that it is necessary to restrict your child from playing. This is because caretakers do not want to interfere with the child's freedom since it may lead to excessive crying Only 1(3.3%) was neutral on being strict to the child which is because they were confused about what they could do to prevent the child from sustaining home accidents.

The majority of the respondents, 21(70%) disagreed that home accidents are preventable. This is due to the playful nature of children and the existence of multiple risk factors for home accidents hence the inability to control them. This is in disagreement with a study by Saadati et al., (2020) done in Iran found that caregivers believed that home accidents are preventable. A minority of the respondents 4(13.3%) agreed that home accidents are preventable. This is because home accidents in the children of these patients were associated with their negligence hence the belief that they are preventable.

The results of the study revealed that the majority of the respondents 11(68.8%) reported a history of home accidents in the child while drunk. This is because caretakers are unable to clear aware risky materials at home when they are drunk which puts their children at risk of home accidents. This agrees with a study by Amador and Solano (2018) whose findings revealed that 44.68% of caregivers who took alcohol had children who had sustained home injuries during the intoxicated state of their parents. The minority of the respondents 5(31.2%) reported that never had a history of a child with home accidents while drunk. This was because they had other members at home who would take care of the child when drunk.

Child-related factors contributing to home accidents in children under five years.

Almost all respondents 28(93.3%) reported that gender contributes to home accidents with all 28(100%) reporting that males are the most affected gender. This is due to the massive engagement of male children in risky games like jumping from heights as compared to females posing a high risk of home accidents. This is in line with a study by Padonou et al, (2022) which found that the gender of the child significantly influenced the incidences of home accidents with 62.3% of the most affected children being male. Only 2(6.7%) reported that gender does not contribute to home accidents. This is because they had children of both genders who suffered from home accidents.

Half of the respondents 15(50%) reported that children aged 2 - 3 years are the most affected. This is because children aged 2 - 3 years have just started walking and running yet they cannot distinguish between risky and non-risk areas hence sustaining home accidents. In support of the findings, a study by Nouhjah et al, (2017) done in Iran found that older children (49 - 60 months) suffered from home accidents than those aged below 12 months. The least

4(13.3%) believed that children aged 0 - 1 year were the most affected because they are less active with the least encounters with harmful exposures(Bhakhry, 2006).
The study revealed that the majority of the respondents 10(33.3%) reported that their children engaged in active games like football and running. This puts them at high risk of falls while playing hence rampant home accidents. The minority 5(16.7%) reported passive games.
According to study findings, the majority of the respondents 20(66.7%) never trained their children on home safety(Saefi et al., 2020). This leads to knowledge deficiency in children on potential accidents hence coming into contact with these places and materials. Similarly, a study by Silva et al, (2017) found that 52.4% of caregivers had not advised children on the causes and prevention of home accidents hence their rampancy of home accidents. Minority of the respondents 3(10%) always trained their children which is because they had time to engage with their children hence training them.
The study found that the majority of the respondents 22(73.3%) had more than 5 children at home. This leads to a loss of control over the children thereby practicing risky games. The findings agree with a study that revealed that families with more than five children (76.7%) suffered more incidences of home accidents than those (Schumann, 2009)with a single child.

Environmental-related factors contributing to home accidents in children under five years.

According to study findings most of the respondents 16(53.3%) had cemented floors. These cause a risk of falls in case they are wet. This is contrary to a study by Yapici et al, (2019) which revealed that 47.5% of children living in tiled-floor houses sustained home accidents more often. The least of the respondents 2(6.7%) reported that they had tiled floors. This is due to the low socio-economic status of constructing or renting houses with tiles.

The findings of the study revealed that most of the respondents 11(36.7%) had dogs at home(Saefi et al., 2020). This predisposes children to dog bites since they may want to play with them yet they involve risky actions to bites like pulling off their tails(admin, 2018). This is similar to a study by Messam et al, (2018) which found that the presence of a dog in the homesteads influenced the incidences of bites in young children. A few of the respondents 4(13.3%) had cattle at home. This is because cattle rarely cause home accidents hence few were reported to have home accidents due to animals.
The majority of the respondents 21(70%) were cooking on the veranda. This increases exposure to fire places hence risks of home accidents. This is in agreement with a study by Tusiime et al, (2022) which found that characteristics of the cooking area influenced the occurrence of burns in children with most (62.96%) who cooked on the veranda had children sustaining home accidents. A minority of the respondents 3(10%) were cooking in the kitchen. This is because children are restricted from entering the kitchen therefore those with kitchen at home few had home accidents.

Study results revealed that most of the respondents, 12(40%) had slippery stairs. This puts children at risk of falling while running. This is in line with a study by Manta et al, (2021) found that slippery floor surfaces (23%) were identified as the leading causes of falls in children. A few of the respondents 4(13.3%) had balconies as risky areas at home. Therefore, few would sustain home accidents due to falls off from the balcony

CONCLUSIONS.

The discussion has revealed that caretaker-related factors contributing to home accidents in children under five years were being employed, and the failure of caretakers to observe and supervise children while playing. In addition, the absence of time to monitor the child believes that home accidents cannot be prevented and alcohol consumption was also contributing to home accidents.
Child-related factors such as being a male child, age of 2 - 3 years, engagement in active games, and absence of safety training received by the child were contributing to home accidents under five years.
Environmental factors that contributed to home accidents were extremely risky home environments such as the presence of slippery floors, the presence of animals like dogs at home, and cooking on the veranda that exposes children to fires associated with bum accidents.

RECOMMENDATIONS.

The government through the responsible Ministries should publish adverts teaching about preventive measures for home accidents that parents can teach their children hence empowering them with the ability to prevent such incidences,
KCCA should conduct regular monitoring of homesteads to assess risky areas like slippery floors thereby offering necessary advice.
Parents should hire house helpers to assist in monitoring their children in case their employment can not permit them to be with their children at the workplace.
Caretakers should educate their children on safety measures hence will aid in minimizing these home accidents.
More studies are necessary to be conducted by researchers to widen on scope of information about the topic.

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ABBREVIATIONS AND ACRONYMS.

ASD Autism Spectrum Disorder
MoH Ministry of Health
TV Television
UNMEB Uganda Nurses and Midwives Examinations Board
USA United States of America
WHO World Health Organization

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