

DIARRHEA IN CHILDREN 0-5 YEARS OLD AT THE COMMUNITY HEALTH CENTER OF BECORA: HEALTH PROMOTION AS A MEASURE OF INTERVENTION

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Abstract

Introduction: In Timor-Leste, diarrhea ranks at second place with 15.7% of the 10 major diseases reported and as a cause of children's hospitalization, out of all hospitalized children. Diarrhea is one of the 5 most frequent cases of admission of children aged 0-5 years at Becora community health center.

Objective: To analyze the importance of health promotion as preventive measures for diarrhea in children aged 0-5 years at Becora community health center, at the Cristo Rei post administrative in the Municipality of Dili, Timor-Leste.

Methods: Descriptive study with a quantitative approach, using an intentional non-probabilistic sample. The questionnaire contains closed questions of the dichotomous and Likert scale type.

Results: Parents report having good practices in personal hygiene and in the preparation, cooking and storage of food. Parents also consider that health promotion is extremely important for the prevention and control of diarrhea. However, we point out that some parents still use soap and water as a form of disinfection, do not wash vegetables and fruits properly, nor do they wash their hands properly when they handle the garbage, when they go to the bathroom. Parents mention that they do not always know the etiology of diarrhea, they do not know how to explain the forms of transmission and control through health education and hygiene measures.

Conclusion: We need to develop initiatives to prevent childhood diarrhea and despite the insufficient number of interventions supported by health promotion and education, it is recognized that nurses should promote the improvement of the quality of life of these children to recognize the nursing profession in Timor East.

Keywords: Diarrhea, Health promotion, Child.

5 years old, in the Asian region, namely SEARO cited by Carlos & Ostelino, 20223 .

INTRODUCTION

Childhood diarrhea is a major child health problem worldwide, especially in underdeveloped countries. According to the World Health Organization (WHO), it is estimated that each year 2.5 billion cases of diarrhea occur in children under five years of age, being, therefore, an important public health problem at a global level. cited by Carlos & Ostelino, 20221 . Also the WHO and the United Nations Children's Fund (UNICEF) in the year 2015 stated that 4,500 children under five years of age die daily in the world due to the difficulty of access to drinking water and the absence of basic sanitation. attention of every family and citizen of the world cited by Carlos & Ostelino, 20222 . According to data from the World Health Organization Southeast Asia Region (SEARO), in the report presented in 2018, it is revealed that diarrhea is in second place as a cause of mortality in children under 5 years of age, i.e. 24% of total mortality of children under

The statistical report of the Ministry of Health, which was published by the Office of Health Information 2 Systems and Epidemiology Surveillance in 2017, shows that in Timor-Leste diarrhea has the second place of incidence of the 10 largest diseases reported by health centers. Also, according to this report, the cause of hospitalization of children for diarrhea in hospitals in Timor-Leste is also in second place (18.7%) of the total number of children hospitalized. The incidence rate of simple diarrhea in babies under 1 year is 345 per 1000 and in children aged 1-4 years is 180 per 1000 children. Diarrhea also contributes to 15% of infant mortality among children admitted to hospitals in Timor-Leste. According to demographic and health data in Timor-Leste, infant mortality between 0-5 years old is 65 per 1,000 live births⁴ . The prevalence of diarrhea in children under 5 years old, according to a study, shows that it is important to carefully implement the daily practice of each family, with a percentage of

8.9% cited Carlos & Ostelino, 2021⁵. According to statistical data from IMCI (Integrated Management Childhood Illness) from Becora community health center, it shows that in 2017 there were 616 cases of diarrhea (28.4%), in 2016 there were 805 cases (33.8%) and in 2017 registers 874 cases or (34.4%) of the total of the various cases of children aged 0-5 years registered in the health information system (Carlos & Ostelino, 2021)⁶. To solve the problem of diarrhea in children in Timor-Leste, it is necessary to develop health promotion and education as one of the important components in health care specifically in nursing care to ensure the basic human needs of the pediatric user as an individual who not only faces a problem of illness, but also as a human and social being. Health promotion and education consists of a well-planned and organized training action, having the ability to teach and evaluate a training and education action for health at a national level. Education is the act or process of educating oneself, applying one's own methods to ensure physical, intellectual training and development, or a set of these methods: pedagogy, didactics, teaching and instruction. of education and training to support and continuity of nursing care work is fundamental in the current knowledge cited by Carlos & Ostelino, 2021⁷. When caring for children with diarrhea, it is important that care is integrated and systematized. Currently, one of the references is the IMCI (Integrated Attention to Childhood Illnesses) which aims to reduce childhood mortality and contribute in a better or significant way, considering the current health problem, especially for those living in less developed countries⁸. For this reason, we carried out a research study on: Diarrhea in children aged 0-5 years at the Becora Health Center at the Cristo Rei Administrative Post of the Municipality of Dili, Timor-Leste: in health promotion as a measure or intervention measurement.

Objective

General objective: To analyze the importance of health promotion as preventive measures in diarrhea in children aged 0-5 years at the Becora community health center, at the Cristo Rei Post Administrative of the Municipality of Dili, Timor-Leste, 2022.

The specific objectives are:

1. To describe the incidence of diarrhea in children aged 0-5 years.
2. Determine the factors associated with diarrhea in children 0-5 years old.
3. Identify health promotion measures for nursing with diarrhea.

THEORETICAL FRAMEWORK

Diarrhea is defined by an increase in the frequency of

dejections or a decrease in the consistency of stools and by a fecal mass > 200g/day in children aged 0-5 years, it is very dangerous to have carefully in the health nursing practice cited by Carlos & Ostelino, 2021⁹. Diarrhea is defined as an increase in the frequency of dejections or a decrease in the consistency of stools, in relation to the child's normal habits. When evaluating these changes, it is important to take into account the child's normal habits, because there is a huge variability in fecal excretion patterns from child to child, which may vary with age and type of feeding, which should be taken into account in nursing practice. of health at national and international level (Carlos & Ostelino, 2021)¹⁰. Diarrhea classification based on chronology of event and duration of the same thing : · Acute diarrhea: 14 to 30 days. It is a consequence of severe infectious enteritis in malnourished or inadequately treated children. · Chronic diarrhea: >30 days. It originates from complications of enteritis and protein allergies in the human body¹¹. We also classify diarrheas according to pathogenesis and etiology in the research study carried out cited by Carlos & Ostelino, 2021¹². a) pathogenesis 1) Osmotic: by adhesion to the mucosa, it causes damage to surface enterites, with reduced production of disaccharides (lactase) and retention of liquids within the intestinal lumen due to the presence of nonabsorbed osmotically active solutes (sugars), which absorb water into the intestinal loop and are metabolized by the anaerobic pathway resulting in the production of acid radicals (eg rotavirus should be prevented by rotavirus vaccines). 2) Secretory: the release of enterotoxin blocks the active transport of water and electrolytes from the enterolyte causing an increase in its intestinal secretion, mainly chloride and bicarbonate ions (eg enterotoxigenic E. coli). 3) Invasive: Injury to the intestinal epithelial cell prevents the absorption of nutrients. In this situation there may also be a secretory component, since the invaded mucosa produces substances (bradykinin and histamine) that stimulate the secretion of electrolytes into the intestinal lumen. faeces (eg Salmonella, Sigela) or invasion of the lamina propria and systemic symptoms (eg: invasive E. coli ENTER, Salmonella). b) Etiology 1) Viral: Rotavirus, Adenovirus, Astrovirus, Calicivirus, Nowak virus, Enteric Adenovirus serotypes and Picornavirus, all of them in the category of virus group and have carefully¹³. 2) Bacterial: E. coli, mainly classical enteropathogenic (EPEC), Salmonella sp, Sigela sp, Yersinia sp, Clostridium difficile, Flight attendants, Vibrio cholera, Campylobacter jejuna. 3) Protozoa: Giardia lamblia, Entamoeba histolitica, Cryptosporidium; Cyclospora. According to the updated World Health Organization (WHO, 2014), revitalizing health education, in terms of health promotion, can be understood as an effort to change behavior. Health promotion is not only to change behavior, but also includes environmental changes that facilitate behavior change, for each person, namely the health sector, the promotion of health and school education has an important role in this process, cited Carlos & Ostelino, 2021¹⁴. Health promotion upholds the principle of equality (equity), transparency

and benefits (mutual benefit). Health Promotion also places more emphasis on the process or effort and on the results or impact of global public health research and application in the field of scrutiny cited by Carlos & Ostelino, 2021¹⁵. The concept of nursing in public health and community health appears in the text, closely related to the interventions and strategies that the nurse or nurse must have for health promotion behavior, and 4 one of the main roles of the nurse is to stimulate self-care in their working day in their professional career cited by Carlos & Ostelino, 2021¹⁶. Among the preventive care to combat diarrheal disease, some measures stand out, such as: a) encouraging mothers to maintain breastfeeding, as it increases children's resistance against diarrhea, thus preventing early weaning; b) administer the rotavirus vaccine (VORH) to children under six months of age; c) assess the socio-economic conditions and hygiene of children; d) collaborate in educational programs for elements involved with health care to the community; e) guide and supervise the application of measures on basic sanitation and water supply; f) knowing beliefs, taboos and habits in force in the population in which the nurse provides care and guides according to the population's needs; g) to know, guide and combat the sources of contagion and prevent the transmission of pathogenic agents; h) guide and accompany the mother in the general care of the child; i) participate in publicizing the problems caused by diarrhea and how to treat it; j) guide the mother to immediately seek the health service for diarrhea treatment; k) always wash your hands before and after using the bathroom, change diapers; handling/preparing food, breastfeeding, handling dirty materials/objects, touching animals; l) wash and disinfect surfaces, utensils and equipment used in food preparation; m) protect food and kitchen areas from insects, pets and other animals (store food in closed containers); n) treat the water for drinking (by boiling or putting two drops of sodium hypochlorite at 2.5% for each liter of water, let it rest for 30 minutes before using); store the treated water in clean containers that can be closed, to avoid decontamination; o) do not use water from contaminated streams, rivers or wells; p) put the garbage in a closed bag and keep the lid of the garbage always closed; when there is no garbage collection, it must be buried; q) always use the toilet, but if this is not possible, always bury faeces away from water courses; r) be careful not to contaminate water sources with updated feces and garbage^{10,17,18}.

METHODOLOGY

Using the descriptive quantitative method, quantitative and qualitative scanning or research methods are most often associated or mixed respectively with deductive and inductive approaches. Thus, in our study we described and analyzed the factors associated with diarrhea in children under 5 years old. Thus, the sample of this investigation consisted of 60 people representing the

parents of children aged 0-5 years with diarrhea. The sampling technique that was applied in this investigation was the intentional non-probabilistic sampling technique. The sample inclusion criteria were: Parents or representatives of children aged 0- 5 years with diarrhea and Parents of children with acute diarrhea and no other diseases associated with the same diarrhea. The data collection instrument used was a questionnaire/paper of questions. The questionnaire contains closed questions of the dichotomous type and Likert scale. In this case, it was necessary to pay careful attention to its preparation and organization. Before preparing the questionnaire, there are five practical elements to which we must give importance in the use of data collection. The questionnaire must contain essential elements to make it more credible to the respondent. For data analysis, we will investigate or use descriptive statistics using the computer program SPSS (Statistical package For The Social Sciences)¹⁹.

RESULT

The description of the parents' knowledge about diarrhea, family hygiene, and finally the health promotion measures transmitted by the nurses indicated in the investigation carried out.

Table 1. Distribution of subjects by sex.

SEX	FREQUENCY	PERCENTAGE
Male	7	11,67
Female	53	88,33
Total	60	100

Regarding gender, the data in the table above allow us to state that the majority 53 (88.33%) are female and only 7 (11.67%) are male.

Table 2. Distribution of subjects by type of water supply.

WATER SUPPLY	FREQUENCY	PERCENTAGE
Water canalization	48	80
Wells	9	15
Others	3	5
Total	60	100

Regarding water supplies, they show that the majority 48 (80%) of the dominated have piped water supplies, 9 (15%) have wells and 3 (5%) have other sources of drinking water in the investigation (2021).

Table 3. Distribution of subjects by type of Sanitation.

TYPE OF SANITATION	FREQUENCY	PERCENTAGE
Septic Tank	50	83,33
Latrines	10	16,67
Oother	0	0
Total	60	100

Regarding the disposal of excreta, this category was shown that the majority 50 (83.33%) belong to the group of subjects who use septic tank, and only 10 (16.67%) use latrines. According to the result (Carlos & Ostelino, 2021).

Table 4. Age distribution of current children.

AGE OF CHILDREN (YEAR/MONTH)	FREQUENC Y	PERCENTAGE
0-1	32	53,33
1-2	12	20
2-3	7	11,67
3-4	5	8,33
4-5	4	6,67
Total	60	100

Regarding the age of the subjects' current child, the data show that the majority 32 (53.33%) have children in the 0-1 year age group, 12 (20%) in the 1-2 year age group, 7(11, 67%) have children between the ages of 2-3 years, 5 (8.33%) belong to the age group between 3-4 years and only 4 (6.67%) have children between the ages of 4- 5 years. In the related research results of the respondents (Carlos & Ostelino, 2021).

Table 5. Distribution of subjects by diarrhea episode.

DIARRHEA EPISODE	FREQUENCY	PERCENTAGE
NÃO	1	1,67
SIM	59	98,33
1-2	48	80
3-4	8	13,33
>4	2	3,33
TOTAL	60	100

Regarding the episodes of diarrhea in the subjects' children, the data allow us to conclude that the majority 59 (98.33%) belong to the group that had an episode of diarrhea. Of the children who had the majority, 48 (80%) had between 1 and 2 episodes, 8 (13.33%) had it 3 to 4 times and only 2 (3.33%) children who had more than 4 episodes of diarrhea . According to the research result (Carlos & Ostelino, 2021).

Table 6. Distribution of subjects according to the decision to treat their children.

DECISION TO TREAT THEIR CHILDREN	FREQUENCY	PERCENTAGE
Go to the Hospital or community health centre	53	88,33
Give Tea	3	5
Water from rice and carrot	2	3,33
Use other or something	2	3,33
Total	60	100

Regarding the treatment decision for the subjects' child, the data show that the majority 53 (88.33%) go to the hospital or health center, only 3 (5%) provide tea and 2 (3.33%) subjects from the rice and carrot water.

Table 7. Distribution of parents' knowledge about their child's diarrhea.

AFFIRMATIONS	YES		NO		I DON'T KNOW	
	N	%	N	%	N	%
Diarreia is a comunicable disease	30	50	22	36,67	8	13,33
Transmitted through water, food and person to person	41	68,33	15	25	4	6,67
A child with diarreia can transmit it to adults	10	16,67	46	76,67	4	6,67
A child with diarrhea may have liquid faces, sometimes green and does it at least 4 times during the day.	53	88,33	6	10	1	1,67
When the child has diarreia, it is necessary to go to the hospital.	59	98,33	1	1,67	0	0
Treat diarreia with home recipes	10	16,67	47	78,33	3	5
Stop food and i only give liquids	35	58,33	22	36,67	3	5
Stop breast feedingg	24	40	34	56,67	2	3,33
My child may be dehydrated and so I have to offer more liquids	51	85	6	10	3	5
I let m y child play with other children while he or she stil diarrhea	18	30	41	68,33	1	1,67

Regarding about parents' knowledge of their child's diarrhea, we can point out that some results are very similar in terms of positive and negative opinion. Thus, regarding the fact that diarrhea is a communicable disease, 30 (50%) parents are aware of this, although there are still 22 parents in our sample who are unaware of the way it is transmitted. The same is true in relation to the suspension of food and breastfeeding. In both cases, 36.67% and 56.67% of parents do not know the advantages of maintaining adequate nutrition and hydration. As for the knowledge that parents have more about diarrhea, the following stand out: it is transmitted through water, food, person to person 41 (68.33%); A child with diarrhea has liquid stools, sometimes greenish, at least 4 times a day 53 (88.33%); When the child has diarrhea, it is necessary to go to the hospital 59 (98.33%); My child can become dehydrated and therefore I have to offer more fluids 51 (85%); I do not treat diarrhea with homemade recipes 47 (78.33%); With diarrhea I do not let my child play with other children 41 (68.33%). Regarding the parents' lack of knowledge regarding their child's diarrhea, we highlight the most evident: A child with diarrhea can transmit 46% (76.67%) to an adult; and 15 (25%) parents still consider that diarrhea is not transmitted through water, food from person to person. According to the research result (Carlos & Ostelino, 2021).

Table 8. Distribution of parents' knowledge about the importance of health promotion in preventing diarrhea

For a better interpretation of the results, we will consider agree and totally agree as a positive answer and strongly disagree and disagree as a negative answer. For this reason, we will proceed with their sum. Thus, the following parents' knowledge about parents' knowledge about the importance of health promotion in preventing diarrhea is evident: The nurse encouraged breastfeeding 55 (91.66%). The nurse explained to me how to wash food 50 (83.33%); The nurse explained to me how I should do my hygiene 52 (86.67%); The nurse taught me about the importance of giving my child water 55 (91.66%); The nurse taught me to disinfect pacifiers, bottles, toys, among other utensils 57 (95%).

We also noted the existence of some lack of knowledge about the parents' knowledge about the importance of health promotion in the prevention of diarrhea: The nurse did not explain what diarrhea was and how it is transmitted 19 (31.67%); The nurse did not explain how I should do with my child's hygiene 12 (20%); The nurse did not observe

my child's general condition (fontanelle, weight, skin fold, pallor, stools...) and did not explain its importance 15 (25%); The nurse did not teach some homemade recipes 30 (50%); The nurse did not find the reason for the diarrhea 19 (31.67%), according to the results of the investigation (Carlos & Ostelino, 2021).

AFFIRMATIONS	TOTALLY DISAGREE		DISAGREE		AGREE		TOTALLY AGREE	
	N	%	N	%	N	%	N	%
The nurse explained to me what diarrhea was and how it is transmitted	3	5	16	26,67	36	60	5	8,33
The nurse encourage breastfeeding	1	1,67	4	6,67	44	73,33	11	18,33
The nurse explained to me how to wash food	2	3,33	8	13,33	42	70	8	13,33
The nurse explained to me how I should do with my child's hygiene	3	5	9	15	38	63,33	10	16,67
The nurse explained to me how I should do with my hygiene	2	3,33	6	10	45	75	7	11,67
The nurse taught me about the importance of giving liquid or water to my son ou daughter	2	3,33	3	5	44	73,33	11	18,33
The nurse taught me how to disinfect pacifiers, bottles, toys, among other utensils	1	1,67	2	3,33	44	73,33	13	21,67
The nurse observed my son's general condition (fontanelle, weight, skin fold, pallor, stools..) and explained its importance to me	3	5	12	20	33	55	12	20
The nurse taught me how to make home recipes	6	10	24	40	26	43,33	4	6,67
The nurse found the reason for the diarrhea and will try to solve it	3	5	16	26,67	36	60	5	8,33

DISCUSSION

Diarrhea is one of the 5 most frequent cases in children aged 0-5 years at the Becora Health Center, including: Respiratory tract infections, Pneumonia, Dengue and Malnutrition. According to statistical data from IMCI (Integrated Management Childhood Illness) from the Health Center of Becora Dili, dated December 30, 2021, show that in 2019 there were 616 cases of diarrhea (28.4%), in 2018 there were 616 cases of diarrhea (28.4%). if 805 cases (34.8%) and in 2019 there were 874 cases, (36.4%) of the total of the various cases of children 0-5 years old registered. Regarding water supply, most subjects have piped water or canalization water supply and use a septic tank, but there is still a significant number of people without piped water and with latrines. According to the literature consulted in relation to the type of housing, area where you live, access to drinking water and disposal of excrements, these aspects are related to socioeconomic conditions and human behavior, and the occurrence of the diarrheal episode can only be understood within a period of time. a multicausal model in which several factors intersect that are directly related to water cited by Carlos & Ostelino 2021²⁰. The result of a study by Florentino (2014) on the relationship between parental knowledge and diarrhea shows that there is a significant relationship between parental knowledge and children having diarrhea²¹. However, on the contrary, the result of the study by Sousa (2012), on the relationship between parental knowledge and the incidence of diarrhea in children under 5 years of age in the Dom Aleixo Dili administrative post, does not show a significant relationship between parental

knowledge and diarrhea in children, but they are related to the attitude of waste treatment of garbage, which is still not well aware of the population in Dili and other municipalities in Timor-Leste (Carlos & Ostelino, 2021)²².

We also found some lack of knowledge about the importance of family hygiene in preventing diarrhea, since parents: wash their child's bottle/pacifier/cup with soap and water after each use; They do not wash their hands with soap and water after handling the trash, after going to the bathroom and after cleaning the child, when he does his physiological needs. The result of the study by Sousa, (2012) on the relationship between parental handwashing and prevention of diarrhea in children shows that handwashing practices when performed with drinking water are associated with a decrease in cases of diarrhea in children. Regarding the parents' knowledge about the importance of health promotion in the prevention of diarrhea, we emphasize that: The nurse encouraged breastfeeding; The nurse explained to me how to wash food; The nurse explained to me how I should do my hygiene; The nurse taught me about the importance of giving my child water; The nurse taught me how to disinfect pacifiers, bottles, toys, among other utensils. We also noted the existence of some lack of knowledge on the part of parents about the importance of health promotion in preventing diarrhea: The nurse did not explain what diarrhea was and how it is transmitted; how parents should do in relation to their child's hygiene; The nurse did not observe the general condition of the child (fontanelle, weight, skin fold, pallor, stools...); The nurse did not find the reason for the diarrhea and therefore cannot resolve it.

According to the World Health Organization (WHO, 2017), revitalizing health education, in terms of health promotion, health education can be understood as an effort to change behavior. Health promotion is not just about changing behavior, it also includes environmental changes that facilitate behavior change. The main idea of health promotion cited Carlos & Ostelino, 2021 states that health promotion is any combination of health education and interventions related to economics, politics and organization, which are designed to facilitate behavioral and environmental changes favorable to health is very important²³.

CONCLUSION

There are several factors associated with diarrhea in children 0-5 years old at the Health Center of Becora Díli Timor-Leste We emphasize that:

1. Parents' knowledge about their child's diarrhea and the fact that diarrhea is a communicable disease, half of the parents have this knowledge, although there are still parents in our sample who do not know how

it is transmitted. The same goes for the suspension of food and breastfeeding.

2. Most have knowledge and good practices of family hygiene in prevention. We also found the existence of some lack of knowledge. In particular, on how to disinfect, not always washing your hands when you handle the trash, when you go to the bathroom, or after taking care of your children when they go to the bathroom.
3. Most parents are aware of the importance of dietary practices in preventing diarrhea. We also found that some parents still do not wash vegetables and fruits with water and sodium hypochlorite, do not observe expiration dates and use leftover meals to give to their children, not always properly stored.
4. Most parents are aware of the importance of health promotion in preventing diarrhea. However, there are opinions that defend that nurses do not always explain what diarrhea is, nor the ways to prevent it, not knowing at the same time the cause of it, nor the ways to solve this health problem.

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