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### Introduction and objectives

Single-use plastic packaging in food and beverages is very common. There are growing concerns on plastic use and microplastics related health issues including infertility, cancer, endocrine disruption and metabolic derangements. This study aimed to assess knowledge, attitudes and practices on single-use plastics, microplastics and related health issues among a selected group of university students.

### Methods

A cross-sectional descriptive study with an analytical component was conducted among students (n=116) of the Faculty of Technology, University of Sri Jayewardenepura. Data was collected using a self-administered questionnaire. The levels of knowledge, attitudes and practices were assessed by calculating the scores. The cumulative marks of each section were normally distributed, hence the mean was taken as the cutoff and levels above the cutoff were considered as 'good'.

### Results

Only 50.0% of students had an overall 'good knowledge'. A majority (95.7%) were aware that microplastics may cause malignancies. Fifty five percent of students had 'bad attitudes' and 'bad practices'. A significant positive association (P=0.038) was noted between knowledge and practices on single-use plastics.

### Conclusion

Knowledge, attitudes and practices on food related single-use plastics and microplastics were inadequate among the group of university students studied, endorsing the global recommendation of incorporating sustainable consumption and production earlier into curricula. 'Good knowledge' was positively related to 'good practices', thus improving knowledge will effectively improve attitudes and practices among students.

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### Descriptive cross-sectional study of the knowledge and practices of choking, burns and acute poisoning among mothers of children below 14 years attending the District General Hospital, Kalutara

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### Introduction and Objectives

Choking, burns and acute poisoning are common presentations in paediatric practice and are an important cause of morbidity and mortality in Sri Lanka. A significant proportion of damage is caused by faulty or delayed first aid prior to reaching hospitals.

The aim of the study is to assess the knowledge and methods of first aid among mothers of children under 14 years of age attending district general hospital Kalutara.

### Methods

A descriptive cross-sectional study was done including 103 mothers attending the OPD, paediatric wards, clinics and surgical wards of District General hospital- Kalutara. Written informed consent was obtained and an interviewer administered questionnaire was used for the collection of data. The knowledge was categorized as good/poor using a 50% cut off value.

### Results

Among the 103 participants, 36.9% and 11.7% had good knowledge regarding choking and its first aid, 65% and 88.3% had good knowledge regarding burns and its first aid, 83.5% and 61.2% had good knowledge regarding acute poisoning and its first aid respectively. The majority (45.6%) gained their knowledge through family and friends. And 98.1% of mothers were interested in learning further.

### Conclusion

Mothers had better knowledge regarding poisoning, burns and their first aid compared to choking and its first aid. Age, education, occupation and experience did not significantly influence the knowledge and first aid. Educational programmes targeting first aid on common paediatric emergencies can significantly bridge the gap seen in knowledge and first aid.