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## Primary prevention of rheumatic heart disease: Knowledge and practice among parents attending tertiary level hospital in Eastern Region of Nepal

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**Aim:** This study aims to assess knowledge and practice among parents regarding primary prevention of rheumatic heart disease at a tertiary level hospital at eastern region of Nepal.

**Method:** Descriptive cross sectional research design was used among parents having child who was under 15 years, suffering from ARI, attending for inpatient and outpatient department of NMCTH. Simple random sampling was used to collect the data. Total 50 parents were interviewed by using self-prepared, pre-tested open and close ended questionnaire.

**Results:** Nearly half of parents (48%) responded that lack of personnel hygiene is the causative factors for sore throat however 50% respondent said it is not communicable. Majority responded it should be treated, both hospital and home remedies is appropriate. Regarding consequence of sore throat only 26% of the respondents said it may have negative consequence if not treated but only 13.5% said consequence of sore throat may be rheumatic fever and among them 84% said complication can be prevented by hospital treatment. Few parents (2%) had adequate knowledge and 56% had inadequate knowledge regarding primary prevention of RHD.

**Conclusion:** Majority of the respondents said that sore throat should be treated but their first choice was home remedies. Few had knowledge that consequence of sore throat would be RF and RHD but this study found out that parents had inadequate knowledge regarding primordial and primary prevention regarding RHD. So, concerned authority should plan more awareness programme focusing on primordial and primary prevention.

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