



Original Research Article

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Prevalence of acute respiratory infection and related risk factors in school-age children in Egypt: a cross-sectional study

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Abstract

The aim of this study is to detect the prevalence of ARI in school children and their related risk factors. This cross-sectional study was conducted in Sohag and Qena governorates, Upper Egypt. A questionnaire was presented to randomly selected students. The questionnaire consisted of two domains to find the prevalence of ARI and to examine their potential risk factors. The prevalence of ARI in school children was 44.86%. Common symptoms were runny nose (39.49%), cough (38.95%), fever (32.17%) and sore throat (27.93%). The associated risk factors were young age, urban residence, passive smoking, exposure to infection, parents' education, overcrowding, family history of allergy or asthma, no special place for kitchen, absence of window in bedroom, absence of smoke outlet and presence of pets in the house. There was no significant relation between gender, building or floor material and type of fuel used and risk of ARI. In conclusion, ARI infection is an important health problem in school children. Many environmental factors were associated with increased risk of ARI. Improvement of kitchen facilities, proper ventilation of houses and school classes and housing environment and health education on the preventive measure of ARI may help in reduction of ARI infection among school children.

Keywords: ARI, prevalence, risk factors, school, and Egypt.

Introduction

Acute respiratory tract infection (ARI) is a common health problem and one of the leading causes of infectious disease morbidity and mortality in the world (WHO., 2007). Approximately one in three respiratory episodes were associated with a doctor's visit, and one in four necessitated time off school or work (Leder et al., 2003). Inappropriate antibiotic use for treating ARI is an important contributor to antibiotic resistance (CDC., 2013). The risk factors of ARI include young age (Nasanen-Gilmore et al., 2015), parental smoking

(Bielska et al., 2015; Cook and Strachan, 1997; Pandey et al., 2016; Sikolia DN and Kurui J, 2002; Ujunwa and Ezeonu, 2014) and exposure to persons with respiratory complaints (van Gageldonk-Lafeber et al., 2007). Parents' education (Goel et al., 2013; Pandey et al., 2016; Prajapati et al., 2011; Savitha et al., 2007; Suguna et al., 2014; Taksande and Yeole, 2015; Ujunwa and Ezeonu, 2014), family history of allergy (Suguna et al., 2014) or bronchial asthma (Mathew et al., 2015; Suguna et al., 2014) were reported as a risk factors for ARI.

Many environmental risk factor related to overcrowded houses (Goel et al., 2013; Montasser et al., 2012; Pandey et al., 2016; Prajapati et al., 2011; Savitha et al., 2007; Sikolia DN and Kurui J, 2002; Taksande and Yeole, 2015; Ujunwa and Ezeonu, 2014), inadequate ventilation (Claudio et al., 2016; Goel et al., 2013; Savitha et al., 2007; Sikolia DN and Kurui J, 2002; Suguna et al., 2014; Taksande and Yeole, 2015), improper housing condition (Taksande and Yeole, 2015), use of household biomass fuel (Nasanen-Gilmore et al., 2015; Po et al., 2011; Ramani et al., 2016; Savitha et al., 2007; Sikolia DN and Kurui J, 2002; Smith et al., 2000; Taksande and Yeole, 2015; Ujunwa and Ezeonu, 2014), presence of hey or farm animal, birds and pets (Ramani et al., 2016) were also reported to be risk factors of ARI. Many studies were reported the prevalence of ARI and their risk factors in children under-five worldwide (Goel et al., 2013; Pandey et al., 2016; Prajapati et al., 2012; Prajapati et al., 2011; Ramani et al., 2016; Sikolia DN and Kurui J, 2002; Taksande and Yeole, 2015; Ujunwa and Ezeonu, 2014; Vardanyan et al., 2013) and in Egypt (Khalek and Abdel-Salam, 2016; Montasser et al., 2012). In spite of being common in school children, only few studies (Mandlik et al., 2015; Mathew et al., 2015; Suguna et al., 2014) reported the prevalence of ARI in school children. The prevalence of ARI in school children were high ranged from 46-51%. To our knowledge no study reported the prevalence of ARI in school children in Egypt. The aim of this study is to detect the prevalence of ARI in school children in Sohag and Qena governorates, upper Egypt and their related risk factors.

Participants and Methods

Study design

This was a cross-sectional study.

Study setting

The study was conducted during the academic school year 2015-2016 in Sohag and Qena Governorates -two of the nine governorates in the south of Egypt - Egypt consists of 27 governorates. Sohag consists of 12 municipalities; the total surface area of Sohag is 11,218 km² with

a total population of 4,694,768 citizens according to Egyptian Central Agency for Public Mobilization and Statistics report in 2015. The total number of students in primary schools in Sohag was 171,468 students in 2014–2015. The total surface area of Qena is 10,798 Km² with a population of 3,102,665 citizens. Qena consists of 2 big cities and 11 districts. The total number of students in primary schools in Qena was 132,659 students in 2014–2015.

Questionnaire

A questionnaire was designed for this study after examining previous studies (Koch et al., 2003; Ramani et al., 2016; Sikolia DN and Kurui J, 2002; Suguna et al., 2014; van Gageldonk-Lafeber et al., 2007) on prevalence and risk factors of ARI in children. After obtaining approval of the local ethical committees of Sohag faculty of medicine, and the concerned education authorities in both governorates, the questionnaire was first presented to a small sample of 100 students to test its validity. After making necessary changes, the final version of the questionnaire was presented to randomly selected students who were willing to participate in the study. The questionnaires were completed by the students themselves or by their parents anonymously. An informed consent was obtained from parents of the participants. The questionnaire consisted of two domains. The first domain included questions about presence of any ARI symptoms in the preceding two weeks before the interview. The second domain included questions about potential risk factors for ARI. Student-related factors included: age of the student, gender, residence, exposure to passive smoker and exposure to infection at home or at school. Family related factors included: parents' level of education and work, number of person per room, and family history of asthma or allergy. Environment related factors included: building and ground material, type of fuel used, kitchen location, presence of window in bedroom, presence of source of smoke as oven, smoke outlet, hey, pets, bird or farm animals in the house.

Sample size calculation

Using intercooled STATA program version 12.1., Sample size was calculated for one-sample comparison of proportion to hypothesized value. Based on the prevalence of ARI 51% (Suguna et al., 2014) and alternative prevalence of 46% (Mandlik et al., 2015) with assumptions of $\alpha = 0.05$ (two-sided), power = 0.90, the estimated required sample size was 1048 subjects. For robust result, twelve school were selected randomly from three districts in Sohag (Akmeim, El-Balina, and Gehena) and three districts in Qena (Abo teshet, Qena, and Quoos); two schools from each district (rural and urban) were included. One class from each grade was randomly selected (i.e. eight classes were selected from each school, two from kindergarten and six from primary grade). The total number of the students from these twelve primary schools was 5368 of them 4822 students were participate with response rate of 89.83%.

Statistical analysis

Statistical analysis was performed using intercooled STATA program version 12.1. Categorical variables were examined using

Pearson Chi-square test. Univariate and multivariate logistic regression analyses was used to calculate the odds ratio (95 % confidence interval) to determine different risk factors of ARI. Level of significance was set to 0.05.

Results

The study included 4822 students, 8.22 ± 2.39 years old (range 4-12), from twelve primary schools in Sohag and Qena. There were 2443 (50.66 %) student from Sohag and 2379 (49.34 %) from Qena. There were 2383 (49.42%) students from rural areas and 2439 (50.58%) from urban areas. The number of male students was 2461 (51.04%), while the number of female students was 2361 (48.96%). A total of 2163 out of the 4822 students (44.86%) had ARI. The prevalence of ARI was 45.35% in Sohag and 44.35% in Qena, with no significant difference between the two governorates ($p = 0.48$).

The manifestations of ARI during last two weeks before the interview were shown in table (1). Common symptoms were runny nose (39.49%), cough (38.95%), fever (32.17%) and sore throat (27.93%).

Table (1): Manifestation of respiratory tract infection among studied population

| Manifestation of ARI | Number (%) |
|-----------------------|---------------|
| Runny nose | 1904 (39.49%) |
| Cough | 1878 (38.95%) |
| Fever | 1551 (32.17%) |
| Sore throat | 1347 (27.93%) |
| Chest tightness | 720 (14.93%) |
| Ear discharge | 530 (10.99%) |
| Wheezing | 486 (10.08%) |
| Any ARI manifestation | 2163 (44.86%) |

Table (2) shows the distribution of ARI and its association to students related risk factors. The younger age categories showed higher prevalence of ARI than in older age categories. There was no significant relationship between gender and prevalence of ARI. The prevalence of ARI was

higher in urban than rural area, the adjusted odds ratio was 1.26. Exposure to passive smoking, to ARI in home or school were also associated with increased risk of ARI. The adjusted odds were 1.67, 2.04 and 5.27 respectively.

Table (2): Association between students related risk factors and ARI

| Characteristics | Total Number (%) | Prevalence of ARI Number (%) | Odds ratio (95% CI) | P value | Odds ratio (95% CI) | P value |
|-------------------------------|------------------|------------------------------|------------------------|---------|---------------------|---------|
| Age/ year | | | | | | |
| 4- | 728 (15.10%) | 363 (49.86%) | 1.44 (1.22-1.71) | <0.0001 | 1.60 (1.32-1.95) | <0.0001 |
| 6- | 1872 (38.82%) | 894 (47.76%) | 1.33 (1.17-1.50) | <0.0001 | 1.32 (1.02-1.72) | 0.04 |
| 9 | 2222 (46.08%) | 906 (40.77%) | Reference | | Reference | |
| Gender | | | | | | |
| Females | 2361 (48.96%) | 1063 (45.02%) | Reference | | Reference | |
| Males | 2461 (51.04%) | 1100 (44.70%) | 0.99 (0.88-1.10) | 0.82 | 0.95 (0.80-1.11) | 0.51 |
| Residence | | | | | | |
| Rural | 2383 (49.42%) | 997 (41.84%) | Reference | | Reference | |
| Urban | 2439 (50.58%) | 1166 (47.81%) | 1.27 (1.14-1.43) | <0.0001 | 1.26 (1.04-1.53) | 0.02 |
| Passive smoking | | | | | | |
| No | 1362 (28.25%) | 305 (22.39%) | Reference | | Reference | |
| Yes | 3460 (71.75%) | 1858 (53.70%) | 4.02 (3.48-4.64) | <0.0001 | 1.67 (1.41-1.99) | <0.0001 |
| Home exposure to ARI | | | | | | |
| No | 2881 (59.75%) | 796 (27.63%) | Reference | | Reference | |
| Yes | 1941 (40.25%) | 1367 (70.43%) | 6.24 (5.49-7.08) | <0.0001 | 2.04 (1.64-2.52) | <0.0001 |
| School exposure to ARI | | | | | | |
| No | 2478 (51.39%) | 427 (17.23%) | Reference | | Reference | |
| Yes | 2344 (48.61%) | 1736 (74.06%) | 13.71 (11.93-15.76) | <0.0001 | 5.27 (4.21-6.62) | <0.0001 |

CI=confidence interval

Table (3) shows that the father education and mother education were inversely related with the prevalence of ARI. There was no relationship between father or mother work and the occurrence of ARI. The higher the number of persons per

room the higher the prevalence of ARI. Family history of bronchial asthma and allergy were also associated with increased risk of ARI in school students.

Table (3): Association between family related risk factors and ARI

| Characteristics | Total Number (%) | Prevalence of ARI Number (%) | Odds ratio (95% CI) | P value | Odds ratio (95% CI) | P value |
|---|------------------|------------------------------|---------------------|---------|---------------------|---------|
| Father education | | | | | | |
| Illiterate | 627 (13.00%) | 427 (68.10%) | 3.47 (2.88-4.20) | <0.0001 | 3.56 (2.60-4.88) | <0.0001 |
| Read and write | 1007 (20.88%) | 486 (48.10%) | 1.52 (1.30-1.77) | <0.0001 | 1.58 (1.35-2.08) | <0.0001 |
| Primary-preparatory | 1039 (21.55%) | 432 (41.58%) | 1.16 (0.99-1.35) | 0.06 | 1.02 (0.92-1.30) | 0.45 |
| Secondary and higher | 2149 (44.57%) | 818 (38.06%) | Reference | | Reference | |
| Mother education | | | | | | |
| Illiterate | 640 (13.27%) | 430 (67.19%) | 3.23 (2.67-3.91) | <0.0001 | 3.45 (2.18-4.23) | <0.0001 |
| Read and write | 921 (19.10%) | 436 (47.34%) | 1.42 (1.21-1.67) | <0.0001 | 1.58 (1.35-1.85) | <0.0001 |
| Primary-preparatory | 1531 (31.75%) | 626 (40.89%) | 1.09 (0.95-1.26) | 0.71 | 1.09 (0.92-1.28) | 0.33 |
| Secondary and higher | 1730 (35.88%) | 671 (38.79%) | Reference | | Reference | |
| Father work | | | | | | |
| Not work for cash | 93 (1.93%) | 41 (44.09%) | Reference | | Reference | |
| Work for cash | 4729 (98.07%) | 2122 (44.87%) | 1.03 (0.68-1.56) | 0.88 | 1.01 (0.55-1.86) | 0.96 |
| Mother work | | | | | | |
| Not work for cash | 3320 (68.85%) | 1495 (45.03%) | Reference | | Reference | |
| Work for cash | 1502 (31.15%) | 668 (44.47%) | 0.98 (0.86-1.11) | 0.72 | 1.21 (0.97-1.46) | 0.16 |
| Persons/room | | | | | | |
| 1 | 525 (10.89%) | 156 (29.71%) | Reference | | Reference | |
| 2 | 2246 (46.58%) | 778 (34.64%) | 1.25 (1.02-1.54) | 0.03 | 2.24 (1.64-3.04) | <0.001 |
| 3 | 2051 (42.53%) | 1229 (59.92%) | 3.53 (2.88-4.35) | <0.0001 | 2.37 (1.70-3.30) | <0.0001 |
| Family history of allergy | | | | | | |
| No | 3736 (77.48%) | 1374 (36.78%) | Reference | | Reference | |
| Yes | 1086 (22.52%) | 789 (72.65%) | 4.57 (3.93-5.30) | <0.0001 | 1.67 (1.32-2.13) | <0.0001 |
| Family history of bronchial asthma | | | | | | |
| No | 3643 (75.55%) | 1278 (35.08%) | Reference | | Reference | |
| Yes | 1179 (24.45%) | 885 (75.07%) | 5.57 (4.80-6.46) | <0.0001 | 1.69 (1.34-2.13) | <0.0001 |

Table (4): Association between family related risk factors and ARI

| Characteristics | Total Number (%) | Prevalence of ARI Number (%) | Odds ratio (95% CI) | P value | Odds ratio (95% CI) | P value |
|------------------------------------|------------------|------------------------------|----------------------------------|---------|----------------------------------|---------|
| Building material | | | | | | |
| Cemented | 4409 (91.44%) | 1967 (44.61%) | 1.12 (0.92-1.37) | 0.27 | 1.09 (0.88-1.36) | 0.43 |
| Mud | 413 (8.56%) | 196 (47.46) | | | | |
| Ground material | | | | | | |
| Tiles or ceramic | 4387 (90.98%) | 1945 (44.34%) | Reference | | Reference | |
| Soil | 435 (9.02%) | 218 (50.11%) | 1.26 (1.04-1.53) | 0.02 | 1.25 (0.93-1.78) | 0.24 |
| Fuel used | | | | | | |
| Gas/LPG | 4343 (90.07%) | 1816 (41.81%) | Reference | | Reference | |
| Kerosene/others | 479 (9.93%) | 347 (72.44%) | 3.65 (2.96-4.51) | <0.0001 | 1.17 (0.87-1.57) | 0.30 |
| Kitchen location | | | | | | |
| Separate place | 2372 (49.19%) | 450 (18.97%) | Reference | | Reference | |
| Not separate | 2450 (50.81%) | 1713 (69.92%) | 9.93 (8.68-11.35) | <0.0001 | 7.34 (5.19-10.38) | <0.0001 |
| Presence of source of smoke | | | | | | |
| No | 1301 (26.98%) | 501 (38.51%) | Reference | | Reference | |
| Yes | 3521 (73.02%) | 1662 (47.20%) | 1.43 (1.25-1.63) | <0.0001 | 1.28 (1.10-1.51) | 0.002 |
| Window in bed room | | | | | | |
| Yes | 3879 (80.44%) | 1330 (34.29%) | Reference | | Reference | |
| No | 943 (19.56%) | 833 (88.34%) | 14.51 (11.77-17.90) | <0.0001 | 3.07 (2.35-4.01) | <0.0001 |
| Hey in house | | | | | | |
| No | 1951 (40.46%) | 542 (27.78%) | Reference 3.37 (2.98-3.81) | <0.0001 | Reference 1.28 (0.81-2.01) | 0.29 |
| Yes | 2871 (59.54%) | 1621 (56.46%) | | | | |
| Pets,Bird or animal farm | | | | | | |
| No | 1798 (37.29%) | 415 (23.08%) | Reference | | Reference | |
| Yes | 3024 (62.71%) | 1748 (57.80%) | 4.56 (4.00-5.21) | <0.0001 | 1.71 (1.23-2.38) | 0.002 |
| Smoking outlet | | | | | | |
| Yes | 2507 (51.99%) | 609 (24.29%) | Reference | | Reference | |
| No | 2315 (48.01%) | 1554 (67.13%) | 6.36 (5.61-7.22) | <0.0001 | 1.77 (1.44-2.16) | <0.0001 |

Table 4 shows that, after adjustment to other factors, there was no association between building or floor material and type of fuel used and risk of ARI in school children. Children living in houses where Kitchen was not separated from living room had eight times increased risk than those separate from living rooms. Absence of window in bed room was associated with four times increased risks of ARI. Presence of source of smoke, hey, pets, birds or animal farms and absence of smoking outlet were also associated with increased risk of ARI.

Discussion

Acute respiratory tract infection (ARI) is a common health problem and one of leading causes of infectious disease morbidity and mortality in the world (WHO., 2007). In spite of being common in school children, only few studies (Mandlik et al., 2015; Mathew et al., 2015; Suguna et al., 2014) reported the prevalence of ARI in school children. The prevalence of ARI in school children reported by these studies were high ranged from 46-51%. Our study is the first study that report the prevalence of ARI in Egypt and it showed high prevalence of ARI in school children (51.23%). However, our study was based on symptoms that were reported by participant two week before interview, not on clinical diagnosis by physician.

Many studies reported decrease incidence of ARI with increased age in under-five children (Nasanen-Gilmore et al., 2015; Ramani et al., 2016) and one study (Suguna et al., 2014) showed similar finding in school children. Our study also showed that younger age categories showed higher prevalence of ARI than in older age categories. Similar to a previous study (Suguna et al., 2014), our study showed no significant relationship between gender and prevalence of ARI.

In this study, the prevalence of ARI was higher in urban than rural area. This finding is similar to finding from a study in Egypt (Khalek and Abdel-Salam, 2016). Studies from other countries showed contrary results, some showed high prevalence of ARI in rural areas (Deb, 1998; Goel et al., 2013; Prajapati et al., 2012) and others in

urban area (Deb, 1998; Ujunwa and Ezeonu, 2014). This may be due to difference in weathers, location or population characteristics.

Only one study (Suguna et al., 2014) examined the risk factors of ARI in school children and reported mother's education, family history of allergic disorder and asthma, absence of smoke outlet in kitchen and windows in sleeping room as risk factors of ARI children. Our results showed similar finding. We found that parents' education, family history of bronchial asthma and allergy were also associated with increased risk of ARI in school students. We also found that children living in houses where Kitchen was not separated from living room had eight times increase risk than those separate from living rooms. Absence of window in bed room was associated with four times increased risks of ARI. Similar to our results, previous studies about risk factors of ARI in infant and preschool children were also reported parent education (Goel et al., 2013; Pandey et al., 2016; Prajapati et al., 2011; Savitha et al., 2007; Suguna et al., 2014; Taksande and Yeole, 2015; Ujunwa and Ezeonu, 2014), family history of bronchial asthma and allergy (Mathew et al., 2015; Suguna et al., 2014), overcrowding (Goel et al., 2013; Montasser et al., 2012; Pandey et al., 2016; Prajapati et al., 2011; Savitha et al., 2007; Sikolia DN and Kurui J, 2002; Taksande and Yeole, 2015; Ujunwa and Ezeonu, 2014), inadequate ventilation (Claudio et al., 2016; Goel et al., 2013; Savitha et al., 2007; Sikolia DN and Kurui J, 2002; Suguna et al., 2014; Taksande and Yeole, 2015) as risk factors of ARI.

On the other hand, the study examined risk factors of ARI (Suguna et al., 2014) showed no significant association between ARI, pets, passive smoking. Our study showed different finding, we found the presence of pets, bird and any of animal farms or passive smoking were associated with increased risk for ARI. Many studies that examined risk factors of ARI in infant and preschool children supported our finding as regard association of passive smoking (Bielska et al., 2015; Cook and Strachan, 1997; Pandey et al., 2016; Sikolia DN and Kurui J, 2002; Ujunwa and Ezeonu, 2014) and presence of pets (Ramani et al., 2016) with the increased risk of ARI.

Other studies that examined risk factors of ARI in infant and preschool also identified that exposure to infection in home or day care centers (Koch et al., 2003; Nafstad et al., 1999; van Gageldonk-Lafeber et al., 2007), improper housing condition (Taksande and Yeole, 2015), presence of source of smoke (Nasanen-Gilmore et al., 2015; Smith et al., 2000) were also associated with increased risk of ARI. Similar findings were found in our study especially for exposure to ARI in school (the adjusted odds was 5.27). Presence of source of smoke, absence of smoking outlet also associated with increased risk of ARI.

In this study there was no relationship of the risk of ARI and parent's work, between building or floor material or type of fuel used and risk of ARI in school children. This may differ from other studies. Our finding may be due to improved housing construction material and type of fuel used.

Conclusion

The prevalence of symptoms of ARI infection in school children was high (51%). Many risk factors were found. The most important factors were no separation of kitchen, exposure to ARI at school, and absence of window in bed room. Improvement of kitchen facilities, proper ventilation of houses and school classes and housing environment and health education on the preventive measure of ARI such as living in well-ventilated houses, opening the windows, avoidance of overcrowding and the of indoor air pollution may help in reduction of ARI infection among school children.

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