

**Results:** Total participants in the study were 410. Minimum weight of the children was 7.1 kg and maximum was 14 kg. Among the participants 43 % were below -1SD for weight for age and 47% between -1SD and +1SD. 86% of the participants were practiced exclusive breast feeding at least for 6 months. The mean score for the knowledge was 22.6. Among the participants 52% of the parents got the score above the mean score for the knowledge and 62% of the parents were having the myths related to feeding. 58 % of the parents were practicing unsatisfactory age appropriate feeding practices. The knowledge of complimentary feeding ( $p < 0.05$ ), myths and malpractices related to complementary feeding ( $p < 0.05$ ) were found to have significant influence on the nutritional status of the child.

**Conclusion:** The knowledge on complimentary feeding and the correct practice are the determine factors for the age appropriate weight gain among 1-2-year-old children. Proper health education and follow up will help to improve the knowledge among the parents.

**Keywords:** Nutrition, Complementary feeding, Exclusive breast feeding

## OP 8

### Spectrum of Male Lower Urinary Tract Symptoms at a Tertiary Care Urology Clinic: A Prospective Study

Balagobi B<sup>1</sup>, Heerthikan K<sup>1</sup>, Priyatharsan K<sup>1</sup>, Sripandurangana R<sup>1</sup>, Sinthujan J<sup>1</sup>

<sup>1</sup>Department of Surgery, Faculty of Medicine, University of Jaffna

**Introduction:** Lower Urinary Tract Symptoms (LUTS) are prevalent in both males and females and males over 40 years being particularly affected. These symptoms can significantly impact patients' quality of life.

**Objectives:** The study aims to evaluate LUTS, associated sociodemographic and clinical factors in male patients.

**Methods:** This prospective cross-sectional study was conducted between September 2022 and April 2023 among 105 male patients with LUTS who visited the urological clinic at Teaching Hospital, Jaffna. Approval was obtained from Institutional Ethical Review Committee. Data were collected through a validated interviewer-administered questionnaire, International Prostate Symptoms Score (IPSS) and International Index of Erectile Function (IIEF) questionnaire. The data were analyzed using descriptive statistics and chi-square tests in SPSS. The association between variables was assessed and  $P \leq 0.05$  was used to determine statistical significance.

**Results:** The mean age, IPSS score and BMI were 66.9 years (SD: 9.3), 18.5 (SD: 8.3) and 23.8 kgm<sup>-2</sup> (SD: 3.8) respectively. Around 30.5% of patients had predominant storage symptoms whereas 23.8% had predominant voiding symptoms and 45.7% had both the voiding and storage symptoms. Considering LUTS severity, 10.5% had mild, 47.6% had moderate and 41.9% had severe symptoms. 58.1% of individuals engaged in non-sedentary activity whereas 41.9% had sedentary. Benign Prostatic Occlusion (BPO) was the most common underlying diagnosis (81%) followed by 7.6% UTI, 4.8% urethral stricture, 3.8% bladder calculi and 2.9% prostate cancer. The prevalence of Erectile Dysfunction (ED) was 17.2% among the LUTS patients, with 2.9% having severe ED. There was a significant association between LUTS severity and prostate volume ( $P=0.002$ ). The age was also significantly associated with LUTS severity ( $p=0.035$ ).

**Conclusion:** The majority of individuals experienced moderate to severe LUTS. The severity of LUTS increasing with age, prostate volume and BPO being the most common underlying cause.

**Keywords:** Prostate, LUTS, IPSS, Erectile dysfunction