

Introduction

Respiratory Tract Infection (RTI) refers to any of the infectious diseases involving the respiratory tract. Recurrent RTIs refer to repeated occurrences of illnesses, diseases or conditions that affect the respiratory system. In this study, the focus was on children under 5 years of age. RTIs are a big threat that all health workers need to be knowledgeable on and fully alert to avert. They are severe and common among children below 2 years.

The study was intended to establish factors influencing recurrence of respiratory tract infections among children under five years in Kansanga Child Development Center in Kampala. The questions that guided the study are:

1. To establish the proportion of children under five years with recurrent RTIs.
2. To establish the demographic factors around children under five years that are influencing recurrence of RTIs.
3. To establish environmental factors leading to the recurrent of RTIs amongst children under five years

Methodology

This was a cross sectional study that employed questionnaires. It was conducted between May and October 2015. A sample of 138 participants from Kansanga CDC, Makindye Division, Kampala were engaged. Data was collected by the help of research assistants and a statistician was employed to assist in analyzing the data.

Findings, Conclusions and Recommendations

The study revealed that 48.6% of children under five years had recurrent RTIs monthly and 21.7% had RTIs every two months. Conclusive results established that children were more likely to suffer from RTI at one point in time. Demographic and environmental factors highly influence the recurrence of RTIs. The study recommends that the Ministry of Health in liaison with KCCA should actively implement set out policies requiring people to keep off from the drainage channels. The use of drugs should be banned/discouraged. All clinics should be registered, their hygiene properly maintained and their inspection intensified.

Focus on vocational schooling to boost people's incomes. In addition, there should be three follow up visits for patients with RTIs.