

Effectiveness of Health Educational Program on Mother's Home Care Management toward Their Children with Cerebral Palsy at Medical Rehabilitation Center in Baghdad City.

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Abstract

Objectives:- The present study ought to assess mothers home care for child with CP

Methodology :- The study design is a quasi-experimental, the study was carried out to evaluate the Effectiveness of an Education Health Program on Mother's Home Care Management toward Their Children with Cerebral Palsy at Medical Rehabilitation Center in Baghdad City between January 27th, 2020 to feberuray 27th 2020 .The research sample includes (20) mothers of children with cerebral palsy, they are selected by using non probability sampling (purposive sample) from the Medical Rehabilitation Center.

Results:- The program has effectiveness on the maternal home care for their children with cerebral palsy during the 2 period of test, the sample have low level of assessment before implementation of an education health program and the level of assessment ascend to high level after implementation of an education health program.

Recommendations:- Implementation of the education health program to improve the mothers home care for their children with cerebral palsy. Training session for the mothers about how to carry the child, daily activity, baby need of nutrition, playing communication, and assistant device that help the child and how to use it.

Keywords:- Effectiveness ,Health educational program ,Mother, home care management ,Children, cerebral palsy.

Introduction

Cerebral palsy (CP) is the most common physical disability of childhood. "Cerebral" refers to the brain and "palsy" to muscle weakness/poor control. CP itself is not progressive (i.e., brain damage does not get worse); however, secondary conditions, such as muscle spasticity, can develop which may get better over time, get worse, or remain the same. The exact cause of CP is not known yet, however, a group of risk factors has been identified. CP is a disease that imposes a high burden on the patients, their families, and the health system. This burden is due to both mortality and high rate of disabilities and complications.¹

Parents of children with CP in most of the times are those who provide care for their physically challenged children and mostly mothers rather than fathers play the major role in doing this. However, this may be done by a sibling, an aunt or uncle or any other family member. Taking care of a physically challenged child is regarded to be a full-time job with great demands, and it exerts a great stress on the caregiver. Unfortunately, this happens without prior preparation, and

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the caregiver finds himself suddenly in this demanding situation. The effect of this extends from the economic burden and time spent to the physical, psychological and social aspects of the caregiver.²

The health care of this population is guided by a logic of offering services that reduce mortality rates. However, caring for these children demands a complex and long-term actions, since most have multiple chronic diseases and require different care according to their development. Primary care is the most appropriate attention for the implementation of care for this population. Primary health care (PHC) is characterized by actions guided by the expanded concept of health, focusing on the production of autonomy, coping with vulnerabilities, valuing cultural differences, and humanized and integral care. There are four characteristics for PHC: First contact, longitudinality, care coverage and coordination .³

CP cannot be cured but early intervention therapy can help achieve functional abilities that facilitate independence and improve quality of life. It is known that a supportive home environment is one of the factors that can favourably determine the outcome of CP in a child. Parental involvement is vital in the process of rehabilitation and care of such children. Thus parents of children with cerebral palsy must have knowledge about the disease and its management. This would help in planning therapy to achieve functional abilities and improve quality of life.⁴

Caring for a child with physical disabilities may have a negative impact on the health and well-being of caregivers. Although the child with a disability may be a source of joy to the parents, their special needs may add to the emotional, physical and financial strain inherent in raising children, particularly in under-resourced settings. In addition, there is a consensus that long-term care-giving may affect physical, social and emotional health of the caregivers, their well-being, marital relationships, and employment and financial status. Families of children with CP fail to be into the children and themselves because of children’s continuous requirements for special care, frequent medical checkups, and continuous physiotherapy treatment modalities and to take over their roles in society.⁵

Methodology:-

The study design is a quasi-experimental, the study was carried out to evaluate the Effectiveness of an Education Health Program on Mother’s Home Care Management toward Their Children with Cerebral Palsy at Medical Rehabilitation Center in Baghdad City between **January 27th, 2020 to feberuray 27th 2020**.The research sample includes (20) mothers of children with cerebral palsy, they are selected by using non probability sampling (purposive sample) from the Medical Rehabilitation Center.

The study instrument was constructed depending on literature reviews and previous studies related to Home Care Management of child with CP. It is a questionnaire format for the research purpose and composed of two parts which include the socio demographic characteristics (age, mother occupation, socio economic status and level of education) and the

Index of home care management of child with CP which consisted of (41) items, which were grouped in 7 domains.

Results

Table (1) distribution of the study sample by their general information

Variables	Frequency	Percent
Mothers age	19-28	13
	29-38	4
	39-48	3
	Total	20
Occupation	Government employee	3
		15.0

	Housewife	16	80.0
	Free profession	1	5.0
	Total	20	100.0
	Total	20	100.0
Education level	Read and write	2	10.0
	Primary school graduate	4	20.0
	Intermediate school graduate	5	25.0
	High school graduate	1	5.0
	Graduate of a college or institute	8	40.0
	Total	20	100

This table indicates the general information of the study group, 65% of mothers at age (19-28) years, 80% of them were housewives, 40% were college or institute graduated.

Table (2) Distribution of maternal home care for their children with cerebral palsy at pretest and posttest

No	Domains	Pretest		Posttest	
		M.S	ASS.	M.S	ASS.
1	position and carry the child	1.19	L	1.83	H
2	Daily activity	1.2	L	1.81	H
3	Baby feeding	1.24	L	1.80	H
4	Communication and pronunciation	1.2	L	1.85	H
5	Playing	1.22	L	1.92	H
6	Auxiliary devices	1.18	L	1.88	H
Grand mean		1.21	L	1.85	H

M. S.= mean score, Ass.= assessment level of mean score, L=low level (1-1.33), M=moderate level (1.34-1.67), H=high level (1.68-2)

This table shows that the mother in study group at pretest had low level of home care toward child with cerebral palsy when answered the questionnaire domains. And it shows that the mother in study group at posttest had high level of home care toward child with cerebral palsy when answered the questionnaire domains.

Table (3) Relationship between Mothers Home Care Management at Pretest and their demographic characteristics

Variables		Pretest study group			
		Low	Moderate	Total	Chi
Age	19-28	11	2	13	$X^2=3.17$ d.f=2 P=0.20
	29-38	2	2	4	
	39-48	3	0	3	
	Total	16	4	20	
Profession	Government employee	3	0	3	$X^2=4.76$ d.f=2 P=0.09
	Housewife	13	3	16	
	Free work	0	1	1	
	Total	16	4	20	
Education level	Read and write	2	0	2	$X^2=7.5$ d.f=4 P=0.11
	Primary school graduate	4	0	4	
	Medium school graduate	5	0	5	
	High school graduate	1	0	1	
	Graduate of a college or institute	4	4	8	
	Total	16	4	20	

X^2 =chi square, d.f=degree of freedom, P= p-value

There is no significant statistical relationship between mothers home care management at pretest and their demographic characteristics (Age ,occupation, education level).

Table (4) Relationship between Mothers Home Care Management at Posttest and their demographic characteristics

Variables		Posttest study group			
		Moderate	High	Total	Chi
Age	19-28	1	12	13	$X^2=0.56$ d.f=2 P=0.75
	29-38	0	4	4	
	39-48	0	3	3	
	Total	1	19	20	
profession	Government employee	0	3	3	$X^2=0.26$ d.f=2 P=0.87
	Housewife	1	15	16	
	Free work	0	1	1	
	Total	1	19	20	
Education level	Read and write	0	2	2	$X^2=20$ d.f=4 P=0.000
	Primary school graduate	0	4	4	
	Medium school graduate	0	5	5	
	High school graduate	1	0	1	
	Graduate of a college or institute	0	8	8	
	Total	1	19	20	

X^2 =chi square, d.f=degree of freedom, P= p-value

There is significant statistical relationship between mothers home care management at posttest and their level of education

Discussion

According to the general information of the study group in table (1), 65% of mothers at age (19-28) years, Karande, Patil, & Kulkarni, (2008) found that the mean age (years) \pm SD of these 26 parents was: for mothers 27.4 ± 4.3 , this result consisted with the present study. Kim and Kim (2019) found that the study group age, more than 35 years.

80% of them were housewives, Mohammed (2005) found that The majority of the mothers were housewives with a percentage of 89.2%. Kim and Kim (2019) found that most of the mothers were housewives

40% were college or institute graduated , Kim and Kim (2019)) in their study (Effects of the Parenting Efficacy Improvement Program for mothers as primary caregivers of children with cerebral palsy under rehabilitation). found that 36.6% of sample had college graduated. This finding similar to our finding.

Hegde, Jain, Bappal, SHamBu, & KOTian, (2018) found that 33% had middle school level of education. this finding not consisted to our study. Hassan, (2014) found that 43% were illiterate. Karande, Patil, & Kulkarni, (2008) found that one fourth of parents were illiterate

In table (2), the mother in study group at pretest had low level of home care toward child with cerebral palsy when answered the questionnaire domains. home care: position and carry the child the mean was (1.19), daily activity the mean was (1.2), baby feeding the mean was (1.24), communication and pronunciation the mean was (1.2), playing the mean was (1.22) and auxiliary devices the mean was (1.18). The grand mean was (1.21) at low level of assessment.

In table (2), the mother in study group at posttest had high level of home care toward child with cerebral palsy when answered the questionnaire domains. They had high level for, home care: position and carry the child the mean was (1.83), daily activity the mean was (1.81), baby feeding the mean was (1.8), communication and pronunciation the mean was (1.85), playing the mean was (1.92) and auxiliary devices the mean was (1.88). The grand mean was (1.85) at high level of assessment. This result due to the study group receive the program sessions.

There is no significant statistical relationship between Mothers Home Care Management of study group at Pretest and their demographic characteristics

There is no significant statistical relationship between Mothers Home Care Management of study group at Posttest and their level of education

The level of education may effect on improve the mothers practice. Most of the study sample had diploma and bachelor level of education.

Conclusions

The study result concluded that Most of the mothers were at age approximately (19-32) years old. Most of them housewives and them had diploma and bachelor graduated. The program has effectiveness on the maternal home care for their children with cerebral palsy during the 2 period of test, the study group have low level of assessment before implementation of an education health program and the level of assessment ascend to high level after implementation of an education health program.

Recommendations

Training session for the mothers about how to carry the child, daily activity, baby need of nutrition, playing communication, and assistant device that help the child and how to use it.

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