

EFFECT OF EDUCATION INTERVENTION ON KNOWLEDGE REGARDING CARE OF CHILDREN WITH CEREBRAL PALSY AMONG CAREGIVERS

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ABSTRACT

This study aimed to identify the effect of education intervention on knowledge regarding care of children with cerebral palsy among caregivers. A pre-experimental, one group pre-test post-test design carried out in selected special schools at Kerala with 38 caregivers of children with cerebral palsy. The objectives of the study to evaluate the effectiveness of education intervention and to determine the association between the level of knowledge regarding care of children with cerebral palsy among caregivers with selected demographic variables. The sample was selected by using purposive sampling technique. Researcher used structured knowledge questionnaire and education intervention. Data was analyzed by using descriptive and inferential statistics. The result of the study showed that there was effectiveness in education intervention at **0.01** level of significant, area wise significant at **0.01 and 0.05** level and have association between level of knowledge regarding care of children with cerebral palsy with two selected demographic variables such as sources of information [$\chi^2 = 7.36$, $df = 1$] and age of the child [$\chi^2 = 5.26$, $df = 1$]. The study highlighted the importance in improving knowledge regarding care of children with cerebral palsy for early identification of problems, prevention of neurological impairments and future well being of the children.

Key words: Effect; Education intervention; knowledge; Cerebral palsy; Caregivers

CHAPTER 1

Introduction

A healthy child is a dream of every parent.

“ Children make your life important.”

— Erma Bombeck

Every parent dream to watch their child grow. But sometimes god gives us special children. These children need more love and care because they are Gods favourite. Children with cerebral palsy are also such special children.

“Failure is not an option. I know parents, it’s easy to do everything for your child but they have to try and try again

.....*Steven Wampler **

Well nurtured children make the nation strong and sound. Perhaps every child has to remember that since they are the future of the nation, they should imbibe the values of discipline, sense of order, cleanliness/ambition and much more. These values will make a good citizen out of the child.

The family is an open system, exchanging information, matter and energy with in itself and with its environment. Family develops individual, repetitive ways of functioning. For events that necessitate change within a family, the members will either support or inhibit the factor that permit the change. The philosophy of life, knowledge, values attitudes and emotions of the mother and father concerning a child determine their ability in the area of parenting. Parenting is the one of the most difficult of all endeavors. The involvement of both parents essential for successful child rearing. Each parent uses an individual style. That can have a significant influence on a child’s development. Any parent or caregiver of a child with cerebral palsy knows how hard it gets when trying to meet the needs of such children. Though this may be a difficult task to them, they know that they are also not completely helpless especially if they are knowledgeable about the condition and how they can manage it. With regard to this, we would love to shade more light on what cerebral palsy is, in a bid to empower our readers and especially those who have children with the condition.

Children with Special Healthcare Needs (CSHCN) are defined by the Maternal and Child Health Bureau as: "Those who have one or more chronic physical, developmental, behavioral, or emotional conditions and also require health and related services of a type or amount beyond that required by children generally".

One of the strongest support systems known to mankind is the family. This system is extremely important with a family who has a child with special needs. However, in reality, the family may not have the expertise to understand the child's condition fully. The family may also not have the time to be physically present to provide care around the clock. In order to remedy these obstacles, parents can hire a special needs caregiver.

The caregivers of special children are specially trained to care for children who require specific assistance. These types of caregivers also provide supplemental care for other people in the family as well. Parents understand the importance of having a special needs caregiver in the home. The parents are comforted in knowing their children are always cared for even when they are not able to be around. Stress is also a huge factor in the home of a special needs child, and these caregivers have the training to identify family members who are feeling stressed out.

The nurse plays a vital role in cerebral palsy treatment. Because every individual with cerebral palsy has a different set of problems, nurses must treat each patient as an individual. In physical mobility problems, plans activities to help patients improve both fine muscle skills, such as holding a pencil, gross motor skills, such as reaching for an object. Patients should be helped with range of motion exercises every four hours. The nurse should encourage activities such as sitting, maintaining balance, crawling, and walking through teaching the parents and ensure that the patient's environment is safe. This can include using padded furniture, side rails on the bed, sturdy furniture that does not slide, safe toys and car seat belts. Pillows in the bed, throw rugs, and highly polished floors should be avoided. A nurse or speech therapist should take advantage of non-verbal methods of communication such as pictures, flashcards, and talking boards. The nurse can provide emotional support, help the patient to achieve an improved image of his or her body, and increase the child's self-esteem. The nurse can promote family members' involvement with the child with cerebral palsy and teach the family how to help with the child's physical and emotional problems.

Background of the problem

Cerebral palsy is defined as "a group of permanent disorders of the development of movement and posture, causing activity limitation that is attributed to non-progressive disturbances that occurred in the developing fetal or infant brain." While the central feature of CP is a disorder with movement, difficulties with thinking, learning, feeling, communication and behavior often occur along with cerebral palsy.

Need and significance of the study

A group of non-progressive conditions characterized by abnormal motor control posture resulting from brain insult or injuries occurring in the peri-natal, neo-natal or infant period of development. According to centre for disease control, cerebral palsy is the most common motor disability in children and the world prevalence of cerebral palsy ranges from 1.5 to above 4 per 1000 live births. According to estimates from centre for disease control's Autism and Developmental Disabilities Monitoring (ADDM) Network, about 1 in 323 children has been identified with cerebral palsy. ADDM data showed that cerebral palsy was most common among boys than girls.

Objectives of the study

- Assess the effect of education intervention on knowledge regarding care of children with cerebral palsy among caregivers.
- Find the association of knowledge regarding care of children with cerebral palsy among caregivers with selected demographic variables.

The conceptual frame work of the present study is based on **Ludwig General System Theory (1968)**. This model was developed by Ludwig Von Bertalanffy. This is an interdisciplinary practice that describes systems with interacting components, applicable to biology, cybernetics, and other fields. Bertalanffy proposed that the Classical laws of thermodynamics applied to closed systems, but not necessarily to "open systems," such as living things.

System: A system consists of a set of interacting components within a boundary that filters the type and rate of exchange with the environment. The system receives matter, energy and information as input, some type of inputs are used immediately in their original state where as others require complex transformation for use and later released as output.

Research hypothesis

H1 –There will be significant improvement in knowledge on care of children with cerebral palsy among care givers after education intervention.

H2 - There will be significant association between knowledge on care of children with cerebral palsy among caregivers with demographic variables.

Result related to assessment of pre-test & post- test knowledge regarding care of children with cerebral palsy among caregivers

Pre test knowledge scores among samples shows 68.4% had average knowledge and 31.6% had good knowledge regarding care of children with cerebral palsy .But in post test knowledge scores among samples shows 81.1% had good knowledge and 18.9% had average knowledge regarding care of children with cerebral palsy.

Results

The study found out the effect education intervention on knowledge regarding care of children with cerebral palsy among caregivers. The investigator found that the education intervention was effective for caregivers to improve their knowledge regarding care of children with cerebral palsy.

Result related to effect of education intervention on knowledge regarding care of children with cerebral palsy among caregivers

The mean post test knowledge score was higher than the pre test knowledge level. The calculated paired value is 12.07 was greater than the table value ($t_{37} = 2.704$) at 0.01 level of significance. Hence the research hypothesis was accepted. Therefore in this study it has been concluded that there was significant difference in knowledge of caregivers regarding care of children with cerebral palsy after education intervention.

Discussion, summary and conclusion

In this part the investigator discusses, summarizes and concludes the major findings of the study and reviews them in terms of results from other studies.

In the present study shows that the mean post test knowledge score was higher than the pre test knowledge level. The calculated paired value is **12.07** was greater than the table value ($t_{37} = 2.704$) at **0.01** level of significance. Hence the research hypothesis was accepted. Therefore in this study it has been concluded that there was significant difference in knowledge of caregivers regarding care of children with cerebral palsy after education intervention.

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Study shows that there is significant association with sources of information, age of the child and no significant association with other variables.

Conclusion

The aim of the study was to determine the effect education intervention on knowledge regarding care of children with cerebral palsy. This study concludes that the education intervention was very effective for care givers while providing care to the children with cerebral palsy.

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