Effect of nursing intervention package on the knowledge, care burden and selected skills of the caregivers of children with cerebral palsy in selected rehabilitation centres

Ms. Sibin Joy Vayalil

ABSTRACT

The present study aims at evaluating the effect of intervention package on the knowledge, care burden and selected skills of caregivers of children with cerebral palsy. The study was based on Mc Cubbin’s Resiliency model of family adaptation. The research approach was quantitative approach and the design selected for the study is quasi experimental pre test post test control group design. The study was carried out in four rehabilitation centers in Ernakulam district from where 100 caregivers were selected, 50 each in experimental and comparison group by cluster randomization sampling technique. The post test was given twice after the implementation of intervention package at two weeks and three months respectively. The data obtained were tabulated and analyzed on the basis of research objectives and hypotheses by using descriptive and inferential statistics. The current study results revealed that none of the caregivers in comparison group have Good knowledge, whereas 2% in experimental group has Good knowledge regarding cerebral palsy and the management of children with cerebral palsy. Majority 86% of caregivers in comparison group have moderate to severe burden, whereas 52% in experimental group. All caregivers 100% in the experimental and comparison group have unsatisfactory brushing technique. On account of feeding problems majority of children fell in the category of mild/no problems 92% and 88% in the experimental and comparison group respectively. About 8% in the experimental group and 12% in comparison group have considerable feeding problem. While analyzing feeding behavior of the children, 70% in the experimental and 64% in comparison have unsatisfactory feeding behaviours. Nursing intervention package was effective to enhance the knowledge, coping skills and selected skills of caregivers of children with cerebral palsy. Two weeks after the intervention there is significant difference in the knowledge level between the experimental and comparison group (Z score=8.66**, p=0.01). The knowledge remains the same even three months after the intervention (Z score=8.65**, p=0.01). Two weeks after the intervention there is significant difference in the care burden level between the experimental and comparison group (Z score=2.9**, p=0.004). Three months after the intervention the mean score becomes 20.3 and 47.4 in the experimental group and comparison group respectively with (Z score=8.29**, p=0.001). The intervention was effective for brushing technique (Z score=9.21**, p=0.001) at two weeks and three months after the intervention score remains the same with (Z score=9.21**, p=0.001). The intervention was effective for feeding technique (Z score=8.69**, p=0.001) at two weeks and three months after the intervention score remains the same with (Z score=9.27**, p=0.001).

Key words: Knowledge, Care burden, Feeding and Brushing Skills, Intervention package. Caregivers, Children with cerebral palsy