

Evaluation of Health Related Quality of Life Among Primary Caregivers Of Children Needs Special Care

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Abstract — Objective: To determine the quality of life related to health among primary caregivers of children needing special care. **Material & Methods:** It was a Descriptive Cross-sectional Study, 377 participants including Parents having special children, Physical Therapist, Occupational Therapist and Teachers working with special children were included, Age ranges between 20-40 years. SF-36 Questionnaire used to collect the data. **Results:** From the total population 49% were with limited a little and 33 % Said Not limited at all for the limitation in different bodily activities. 29% participants replied yes while the 71% replied NO for the emotional health problems. Mental and social health also proved good. **Conclusion:** Overall physical health was found to be good among most of the participants. Most of the participants showed to have good energy and emotional health while few participants responded to face emotional problems when dealing with the special children. However most of the participants showed positive attitude towards the emotional health and have good knowledge about their health.

Index Terms: Quality of life, Health related quality, Physical Therapy, Occupational Therapy, Special Need Children.

1 INTRODUCTION

The efficiency of functional and metabolic functioning of any living organism is called health. The human nature is so, that he/ she tries to adapt and self-manage whenever is facing any sort of physical, mental and social changes in life. According to the WHO: the complete state of physically, mentally and socially wellbeing and not just the absence of disease is defined as Health. [1] Though many reviews have surveyed the impacts of caregiving on mental wellbeing, Weakness of guardians might be expected to the impacts of physical effort that produces muscle strain, skeletal damage, irritation of constant sickness, for example, joint inflammation, or different wellsprings of physical uneasiness and torment. [2] Emotional wellness is the condition of fruitful execution of mental capacity. [3] As for as social health is concerned that how much an individual effectively interact with surrounding population and share its feeling, thoughts and ideas to promote the social wellbeing. [4] Caregiving is the to fulfil the basic needs of a infancy, kid or child in this perspective but a few kids encounter troubles in early adolescence and oblige access to and usage of extensive human services assets after some time. [5] One of the fundamental difficulties for guardians is to deal with their tyke's interminable medical issues. Take care of their child by the parent and relatives it is informal caregiving [6]. Formal caregivers are those medical and education related professionals who are keen to give care and benefit to patients, disable persons or special children. They are either paid professionals or are volunteers for charity purpose formal caregivers mostly have a good and strong basic knowledge about how to give care to needed. [7,8] Some of formal care givers which are included in this study for caregiving of special chil-

dren are Occupational therapist, Physical therapist, Special educators and Caretaker. [9] Physical therapy (PT) accomplishes a significant part in recovery of pediatric issue. Capacity, development, and ideal utilization of the tyke's potential are the essential issues of pediatric restoration [10]. Special educators are teacher's trainers who intend to give education and trainings related to curriculum to the person and children who is considered disabled or special in his/her daily needs. [11] Special Children There were 133 million births overall assessed in 2006, 124 million (92%) in advancing nations and in the USA there was 4.3 million (3%) births, the youngsters.

2. MATERIALS AND METHODS

It was descriptive Cross-sectional Study. Setting: Data was collected from different special children centers of Karachi. Duration of study was 6 months. The sample size was 377 that was calculated by raosoft sample size calculator. Sampling technique was convenient Non-Probability Sampling Technique.

Sample selection criteria: Age ranges between 20-40 years, Parents having special children, Physical Therapist working with special children, Occupational Therapist working with special children and teachers working with special children were included. SF-36 Questionnaire was used to collect the data. Questionnaire was delivered and collected from all the participants. Data was analyzed by Statistical Package for Social Sciences (SPSS) version 20 was used to calculate the descriptive statistics to calculate frequency and percentage.

3. RESULTS

Frequency and percentage were calculated to check limitation of activities in participants, physical health problems, emotional health problems, energy and emotions among participants and knowledge about health in both genders and age groups.

Total number of participants were 377 in which 81 (21.5%) were male and 296(78.5%) were female. Shown in table and figure IV-2.

From total 377 population, 106 (28.1%) with normal BMI moreover the 57 (15.1%) was overweight and 68 (18%) were obese. Shown in table and figure IV-3.

Table and figure IV-5 shown that according to the participants 106 were with very good health and 54 with excellent moreover 24 & 5 with fair and poor health respectively. Participants replied when they asked for the general health.

Table and figure showed that 17% participants replied Yes limited a lot, 49% with limited a little and 33 % Said Not limited at all for the limitation in different body activities.

Figure showed 31% negative response and 69% positive response to physical health problems.

Figure showed that 29% participants replied yes while the 71% replied NO for the emotional health problems.

Table 1: Gender of participants

| | | Frequency | Percent |
|-------|--------|-----------|---------|
| Valid | Male | 81 | 21.5 |
| | Female | 296 | 78.5 |
| | Total | 377 | 100.0 |

Table 2: BMI of participants

| | | Frequency | Percent |
|-------|-------------|-----------|---------|
| Valid | Underweight | 59 | 15.6 |
| | Normal | 106 | 28.1 |
| | Overweight | 57 | 15.1 |
| | Pre obese | 87 | 23.1 |
| | Obese | 68 | 18.0 |
| | Total | 377 | 100.0 |

Table 3: Physical health problems

| Physical health problems | Percent |
|--------------------------|---------|
| Yes | 31% |
| No | 69% |

Table 4: Emotional health problems

| Emotional health problems | Percent |
|---------------------------|---------|
| Yes | 29% |
| No | 71% |

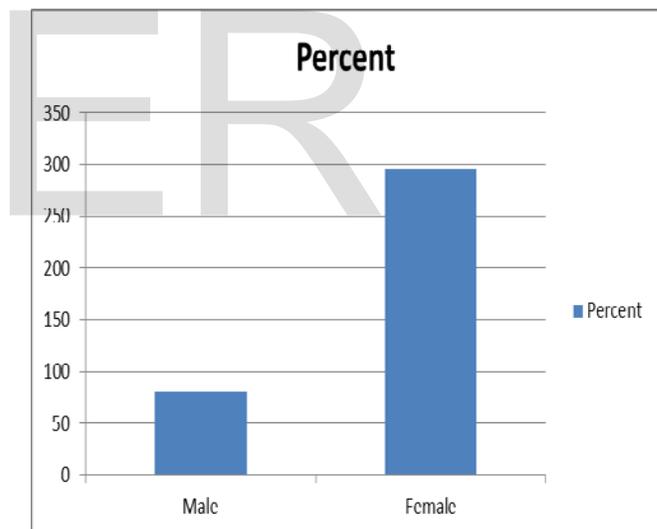


Figure 1: Gender of participants

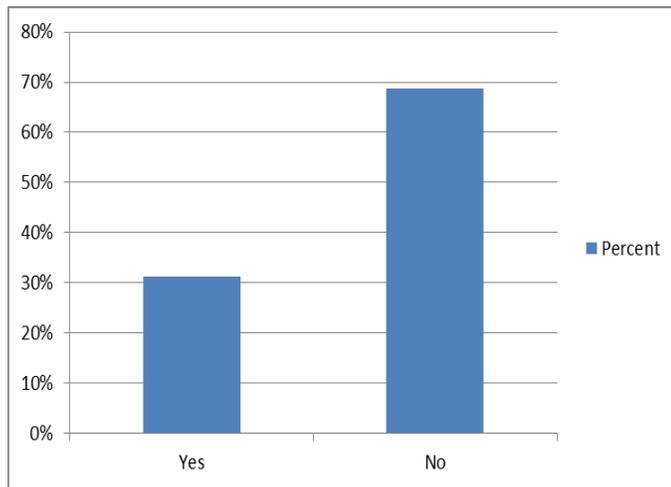


Figure 2: Physical health problems

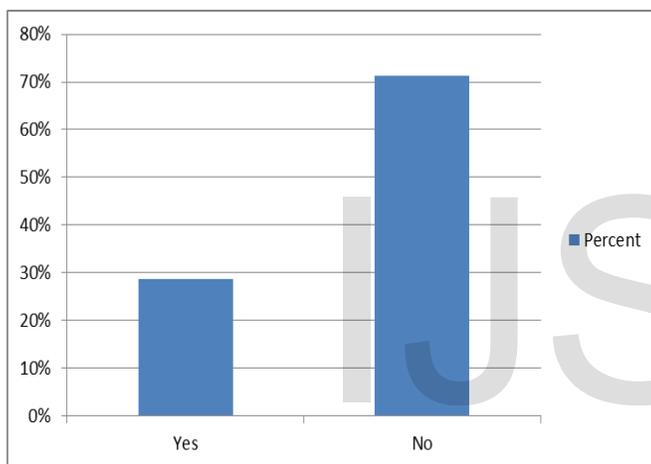


Figure 3: Emotional health problems

4. DISCUSSION

Parents of patients with endless diseases tend to suffer emotionally more as compared to their counter parts. The basis reason behind the scene may be the future perspectives of such patients. [28]

The mothers of patients having mental imbalance were found to be having physical ailments due to the excessive workload. [31] The quality of life of patients with epilepsy and their family member was assessed and the results showed that social support can impact positively on the QoL of this population. [33] Quality of life is poor among the care givers of children having disabilities. [35] The care givers of children having CP also were found to have compromised health [36, 39, 41] especially the physical component of health [37], along with this some parents were found to be emotionally disturbed [40]. The results of study revealed that 49% of participants had a very little limitation in activities, when they were asked about

the different type of activities such as carrying the groceries, dragging the table, lifting the heavy load etc. And 31% participants had physical health problems, 29% had emotional problems, 26% participants had energy and emotions some of the time, and 73% had a knowledge about their health. It was good to know that most of the people were well-aware about their health, their responsibilities of special children, and accepted the fact, these all are greatly helpful in managing the problems and coping the emotional issues because unlike USA or any other who are not very liberal in terms of home relationships, facing less health related issues.

5. CONCLUSION

According to the interpretation, the caregivers of special children, includes Parents, Physical Therapist, Occupational Therapist, Special educators, and Speech Therapist, showed mild to moderate limitation in different Activities of Daily Living (ADL), but the overall physical health was found to be good among most of the participants. Most of the participants showed to have good energy and emotional health while few participants responded to face emotional problems when dealing with the special children. However most of the participants showed positive attitude towards the emotional health and have good knowledge about their health.

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