

Summary

The aim of this study was enhance the quality of life for children with cerebral palsy, this well be achieved through designing, implementation and evaluating the training program. To fulfill the aim of the present study, the following research hypotheses were formulated: training educational program for mothers about care of children with cerebral palsy will enhance their quality of life.

The study was conducted in the physiotherapy clinic of Benha University Hospitals, Benha teaching Hospitals, and Children Specialized Hospitals. The study included 80 children with the following inclusion criteria; mothers have a child with cerebral palsy, box sex of children, and age of children, from 4 to 12 years.

Implementation this study required two tool:

1- Interviewing questionnaire

Questionnaire sheet was constructed by the researcher, after reviewing related literature and under supervision of the supervisor that covered the following.

Part I:

- Socio-demographic data of mothers' age, level of education, occupation, number of children in family, and health problem....., etc.
- Child's age, sex and birth order.

Part II:

- Assessment of the mothers' knowledge of regarding cerebral palsy (Definition, causes, sings & symptoms, complication..., etc).

- Assessment of mother's practice about care of cerebral palsy (feeding, dressing, bathing, toileting...etc).
- Assessment of the daily living activities of the child.

2- Cerebral palsy quality of life questionnaire for children (CPQOL- child), developed by international multidisciplinary team of clinical and child health researcher, with collaboration with the parents and children with cerebral palsy (*Waters et al., 2006*).

Proposed management program

This program was designed to enhance quality of life for children with cerebral palsy through improve mothers' knowledge and practice regarding caring of their children. It was designed in the form of handout. It consists of two major sections the first one concerned with providing the mothers with the essential information about cerebral palsy (definition, causes, signs& symptoms, complication, and treatment). The second section was concerned with teaching mothers about caring of their children (eating, drinking, dressing, bathing, teeth care, and sleeping).

Program implementation

The program was conducted through five sessions the time of each session will be verified 60 minutes according to their children' needs and condition. At the beginning of the first session, mothers were oriented regarding the program content, its purpose, and its impact on their children condition. Mothers were informed about the time of the next session at the end of the sitting.

Each session was started by a summary about what has been discussed in the previous session and the objectives of the new session, using simple Arabic language, also the session ended by a summary of its

content and feedback from the mothers was obtained to ensure that her got the maximum benefit.

Program implementation through a period of 6 months, taking into consideration the time allotted the physiotherapy visit during mothers receiving guidance and instruction.

Program evaluation

Effects of the program on children' condition was done through comparing the pre and post assessment of the mothers regarding their knowledge, caring of their children, and quality of life. This phase was taken two times, immediate evaluation which taken immediately after finish the implementation phase, then after three month, the second evaluation was done.

The main findings of this study were:

- The present study found that the mean age of mothers was 28.72 ± 6.53 about half of them were between ages ranged from 20-30 years. As regards mothers' level of education, it was found that less than half of them were illiterate.
- According to the characteristics of cerebral palsy children, the present study found that the mean age of children was 5.97 ± 2.11 , also slightly about two third of them were boys.
- Regarding mothers' knowledge and practice assessment there were significant improvement in knowledge scores for mothers having CP children post program than pre program.
- The present study revealed that there were highly significant correlations between total knowledge and total practice post program and after three months compared with pre program.

***Conclusion:**

In the light of the study findings, it was concluded that, the mothers' knowledge and practice related to care provided to their children with CP was deficient as none of them had a pre – program satisfactory knowledge or adequate practice. The program succeeds in improving the mothers' knowledge and practice regarding CP. After three months of implementation the program the mothers' knowledge and practice was decline but still higher than before the program regarding all items about knowledge and practice.

As regards quality of life of children, by comparing the result in the pre- and pos- program implementation, the result showed slightly improvement in all dimensions of the quality of life; physical, psychological, social, and emotional.

*** Recommendation:**

Based on the findings of the current study, the following recommendations are proposed;

- Providing mothers with handouts containing the teaching program and use of illustrative materials help them to gain knowledge better.
- Teaching mothers different aspects of caring of their children having cerebral palsy to improve their quality of life.
- Provide mothers of children with cerebral palsy by updated pamphlets, posters and Arabic booklets about cerebral palsy which contain an action plan suitable for each child nature in order to facilitate

improving their knowledge as they considered the main member in children's care plan.

- Mothers' wrong practice about caring of their children related to regularity of follow- up in physiotherapy unit for the child condition should be corrected through health teaching.
- Nurses should play a key role in the health teaching and counseling mothers about care of their children with CP.
- Nurses in the physiotherapy clinic, out patient clinic, and pediatrics department should trained well and supplied with information and training CP program as they are the main source of the mothers' information during providing the child by needed care.