

## MOTHER'S KNOWLEDGE AND PRACTICE REGARDING FEEDING PATTERN AMONG CEREBRAL PALSY CHILDREN IN THE SELECTED INSTITUTES OF NAVI MUMBAI

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### ABSTRACT

The cerebral palsy is the most frequent permanent physical disability of childhood. Its incidence is estimated to be 3.3 / 1000 live birth. 10% of infants have neurologic defects. The incidence of cerebral palsy among all premature infant varies but approximately 5 to 10 %. Feeding problems are quite common in children cerebral palsy (CP). 30 to 80% of disabled individuals feed with difficulty. They are especially at risk because of oral, pharyngeal or oesophageal dysphagia and due to oral motor dysfunction (OMD). Furthermore because of communication difficulties many of them are unable to request food and drink. Presence of seizures worsens the feeding intake. As a result they do not receive adequate nutrition resulting in growth retardation, reported in as many as 48% of children with neurodevelopmental handicaps. Children with cerebral palsy have multiple feeding problems both due to physical and functional, disabilities with child as well as due to lack of awareness on the part of parents. Therefore, caloric intake and anthropometric indicators of these children are significantly lower than normal children. Lack of awareness of parents regarding the need and possible remedial measures overshadow may hope to improve their nutrition. A present study was conducted to assess the knowledge and practices of mothers regarding feeding pattern among cerebral palsy children's in selected institutes for disabled children of Navi-Mumbai. A descriptive survey research was the approach was used for the study. Descriptive research design was used for the present study. The sample size was 60, mothers of children with cerebral palsy was selected. A non-probability convenience sampling technique was used. This research study conclude that mother have less knowledge regarding feeding practices. This research study also concludes that there are few significant between the demographic data and the knowledge regarding feeding practices.

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### INTRODUCTION

In out of every 1000 live births between two or three babies will suffer from cerebral palsy. Incidence seems to increase in both developing and industrialized countries. India is a developing country and the incidence of cerebral palsy is more compared to developed countries. 1/3rd of the children cerebral palsy have more difficulty in eating and drinking. Eating impairments in children vary widely from mild to severe in cerebral palsy.

Estimated 25 lakh people in India suffer from CP. Children with cerebral palsy are at high risk of being malnourished. As in other activities in CP patient dressing, bathing and toilet training is also difficult. It can be achieved in proper position when seated on a low bench or chair. The mothers' of cerebral palsy children should have adequate knowledge of Activity daily living. People with CP often become constipated. Especially in developing countries like ours, where

malnutrition and illiteracy are Prevalent. There are wider spread feeding problems, growth retardation and ADL in CP children, also the disabled child in a family may further limit the economic activities of the family by preventing members from working outside home.

Cerebral palsy (CP) is a common form of neuromuscular disability and considered one of the most common handicapping conditions among children. Feeding difficulties are common in neurologically impaired children and impact negatively on food intake, growth, neurodevelopment and general health of these children. "Growth in Cerebral Palsy" demonstrated a clear correlation between the degree of motor impairment and severity of feeding difficulties and reported feeding problems in majority of the cerebral palsy children have been evaluated. Several feeding problems have been reported in cerebral palsy children such as need for help with

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feeding, frequent choking, stressful and prolonged feeding, frequent vomiting and chewing and swallowing dysfunction. Improved nutrition is linked to improved health outcomes and quality of life. In the absence of disease-specific dietary recommendations for use in individuals with CP, standard recommendations for dietary intakes of vitamins, minerals and trace elements should be utilized. Lifelong eating patterns and food habits are established during childhood, the parents of CP children need to be educated about dietary practices in their children. Many food products not thought of as containing sugar do contain sugar. Therefore, educating parents about the type of foods that should be avoided and teaching them how to read and interpret labels on food are extremely important and will have a positive effect on the oral and general health of their children. A comprehensive dietary guidance should be developed by the health and education authorities and provided to the parents of CP children through their main sources of oral health information such as popular media and their dentists. More studies are needed to assess the dietary practices of cerebral palsy children in relation to their oral health in various parts of the world.

Feeding difficulties are common in children with cerebral palsy and have an effect on growth, nutritional state, general health, social interaction and behaviour and developmental outcomes. Many factors have an effect on feeding ability. Identification of these factors has impact on feeding difficulties, which is essential to promote adequate growth and nutrition. Appropriate assessment and management is best achieved by a healthcare professional, skilled in the care of children with cerebral palsy and feeding impairments. Feeding difficulties must be considered within the wider context of family and social circumstance.

Up to 80% of those who have developmental disabilities have feeding problems. These may evolve into a feeding disorder, with potential effects on psychomotor and neurologic development. Children with cerebral palsy are at high risk for feeding difficulties. Children can have difficulties with drinking liquids, swallowing, and chewing. Due to tone issues and involuntary movement, children with CP often have decreased coordination of suck-swallow breath patterns which can lead to poor nutritional intake during feeding. In order to increase the intake of nutritious food among cerebral palsy child and to enhance the feeding practices among their mothers. The present study was conducted: "A study to assess the knowledge and practice of mother regarding feeding pattern among cerebral palsy children in the selected institutes of Navi Mumbai".

**The study composed of following objective**

- To assess the knowledge regarding feeding pattern among cerebral palsy children.
- To assess the feeding practice among mothers.
- To find out the association between the selected demographic variables with knowledge and practice of mothers regarding feeding patterns.

**RESEARCH METHODOLOGY**

A descriptive survey research was the approach used for the study. In the present study, Descriptive research design is used for this study. A non-probability convenience sampling technique is used for selecting 60 mothers who met the designated set of criteria during the period of data collection. **Inclusion criteria** (a) Child with Cerebral palsy (b) Child

between age group of 1-12 years. (c) Child admitted in the selected institute. **Exclusion Criteria** (a) Mother who is not willing to participate. (b) The mother who cannot read and write Hindi English or Marathi. The Structured questionnaire consists of three sections. Section 'I' Demographic variables such as age, gender, parent's education, monthly family income and other source of information such as distance of school from home, whether having previous knowledge on feeding pattern. Section 'II' consists of Questionnaire on Knowledge regarding feeding techniques. Section 'III' consist of Observation check list regarding feeding practices. The data collected will be analysed by means of descriptive statistics and Inferential Statistics.

**RESULT**

**Section I- represents demographic variables:** The findings shows that majorities of sample were nuclear family 68.3%, the education status were 76.7% at school level, 63.3% of them were male children. 78.3% of them have taken previous advice 51.7% of child needs assistance while feeding. 46.7% of children meal time is 1hour.

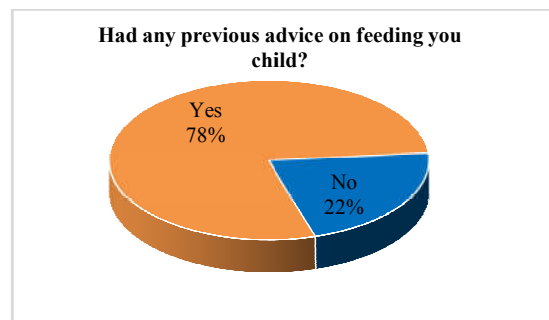


Fig 1 indicates that 22 % of the mother has not taken previous advice on feeding, 78 % of the mother has taken previous advice on feeding.

**Section II-** Knowledge of mother regarding feeding practice were: 59% of mother give balance diet to their baby, 54% of them give only home based food to their child, 53% of mother know when their child is ready for their next meal, 28% of child duration of meal varies daily, 26% of the child refuse feeding, 47% of mother let to eat whatever their child wants, 25% of mother plan meal according to their child interest, 34% of mother encourage their child by giving foodstuff as reward 47% of mother think that their child enjoy while eating and drinking, 53% of mother encourage the child to maintain good feeding practices.

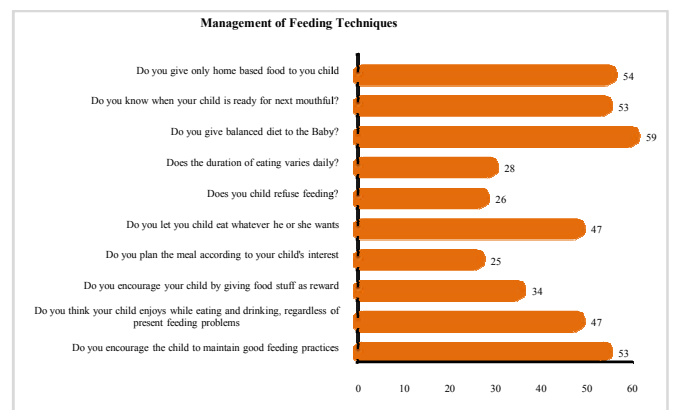


Fig 2 Indicates the mean value of various feeding techniques maintain by mothers while feeding CP child.

**Section III - Feeding Practices among cerebral palsy Children,** It was found that 41.9% of the mother never give position

while feeding, 25.0% of the mother sometimes follow the different method of feeding methods, and 36.0% of the mother always follow the different feeding methods. 25.0% of the mother sometimes give different type of food, 17.5% of the mother never include liquids food. 27.6% of the mother always have problem while feeding. 32.4% rarely follows food habits, 19.7% of the mother sometimes follow food habits.

**Section IV:** There exists a statistically significant association ( $p < 0.05$ ) between "Previous advice from Hospital" and Knowledge score of mothers. Those mothers who got Previous Advice from hospital on feeding seems to have more knowledge score ( $> 10$ ) compared to those mothers who didn't get such advice from hospitals.

### Implication of the Study

#### Nursing education

Nursing education is developing rapidly in India and a nurse from our country can be found all over the world providing care and education. The education curriculum must include imparting knowledge about the use of various audio visual aids and teaching strategies such as preparation of such booklets.

The nursing teachers can use the result of the study as an informative illustration for the students. Nursing education should help in inculcating values and a sense of responsibility in the students to educate the care givers especially working in the day care centers for children and to foster the practice of feeding techniques for CP children.

#### Nursing Administration

As a part of administration, the nurse administrator plays a vital role in educating clients and student nurses.

The Nurse administrator can utilize this type of material to enhance the knowledge of mother. Nursing administration can depute nurses for various workshops, conferences, and special courses. Health care personnel should be given an opportunity to update their knowledge periodically. They should be motivated and encouraged to practice correct management of children with cerebral Palsy. This can be done through in-service education programs can be arranged for pediatric nursing staff.

#### Nursing Research

Nursing research is an essential aspect of nursing as it uplifts the profession and it develops new nursing norms and the body of knowledge. Another research has been added to the nursing literature. A lot of studies have been done on a similar basis but still we have very less knowledge regarding feeding pattern among disabled children. The research design, findings and their tools can be used as avenues for further research. There is a need for extended and intensive nursing research. The area of health education for hospital employee to improve their knowledge and practice for better compliance.

#### Recommendations

Keeping in view the findings of the study, the following recommendations are made:

- A similar study can be done on a larger sample.
- A study can be conducted to assess the attitudes and practices regarding various feeding techniques related to feeding difficulty, among caregivers of CP children.

- A comparative study can be done between English speaking, Marathi speaking and Hindi speaking mother.
- A study may be conducted to evaluate the effectiveness of other methods of health teaching on the similar problem.
- A study can be done on association between various demographic variables, which were significant, on larger samples.

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