



Service Priorities and Programmes Electronic Presentations

Convention ID: 334

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Review of the Parental Education in the Physiotherapy Paediatric Out-patient Unit of Kowloon Hospital

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Keywords:

Physiotherapy

Parental Education

Parental Self-efficacy

Introduction

Parental education is one of the paramount components of physiotherapy management to enhance continuity of quality physiotherapy care for paediatric clients and improve confidence of caregivers. Feedback from caregivers is a key indicator to reflect its usefulness and identify potential areas for further improvement. Self-administered questionnaire can collect the feedback cost-effectively with minimal interviewer bias.

Objectives

To review the satisfaction level of caregivers on the physiotherapy parental education and their self-efficacy in taking care of the children.

Methodology

A single step cross sectional survey via a self-administered questionnaire was conducted for caregivers of paediatric clients attending out-patient service at the Physiotherapy Department of Kowloon Hospital. Information on demographic data and 16 questions on five-point Likert scale concerning the satisfaction on physiotherapy service, self-efficacy and overall feedback were collected. Caregivers of paediatric clients who have attended at least 2 treatment sessions were recruited. Subjects were excluded if the paediatric clients came without caregiver, not coming with the main caregiver or caregivers could not read or complete the survey on their own. The survey was distributed and collected at the end of the scheduled treatment session.

Result

From October to December 2015, 96 questionnaires were distributed and received (100% return rate). The mean age of clients was 38.8+/-35.3(1-168) months with mean number of sessions 40.7+/-52.6(2-262). Reasons of physiotherapy referral were neurodevelopmental disorders(66.7%),congenital problems(28.1%) and musculoskeletal disorders(5.2%). Majority of the caregivers had education level at secondary school(39.6%) and bachelor degree(34.4%). Positive results were obtained with 85.2-98.9% responses were given to “satisfy” and “very satisfy” across

all the questions. Stratified analysis on diagnosis versus service satisfaction and self-efficacy questions revealed that caregivers with master level or above in the congenital group were significantly less confident ($p = 0.019$) in taking care of their children as compared with those of primary education level by One Way ANOVA with post hoc analysis. The present survey revealed promising feedback from caregivers on the parental education provided by physiotherapist. More educated caregivers with children having congenital problems might require more support to enhance their self-efficacy in taking care of their children. Future studies were important to explore specific needs of this group of caregivers to enhance their self-efficacy.