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INDEX

Sr. No.	Title	Author	Subject	Page No.
1	Application of One Way ANOVA and Tukey's HSD Post Hoc test to Ecological Data	T B Mruthunjay, Dr. Shankar P Hosmani	Biotechnology	1-3
2	"New Area and Management Through Value Based"	Dr. Pankaj. K. Trivedi	Commerce	4-5
3	E-Supply Chain Strategies	Dr. Vipul Chalotra	Commerce	6-7
4	Socio-economic and Cultural factors in health, health services and prevention: An over view	Jaibarath Mageshkar	Economics	8-9
5	A Discriminant Analysis on Demographic Factors and Satisfaction Level of Credit Card Users in Coimbatore City	Dr.Malarvizhi.V	Economics	10-12
6	Effects of Socio-Cultural Determinants on Fertility	Prof. Dr. K.J. Thankachan	Economics	13-15
7	"Need of Effective Communication Model in Teaching Learning Process"	Dr. Mujibul Hasan	Education	16-18
8	Awarness on Special Education for B.Ed Students	Dr. S. K. Panneer Selvam	Education	19-20
9	Quality Improvement in Elementary Teacher Education	Ramesh B. Sakhiya	Education	21-22
10	Mobile operating system: A Case study on Symbian and Android	Vidyasagar S.D.	Engineering	23-25
11	IIR Filter Design to remove noise from ECG signal	Aarti J Patel	Engineering	26-28
12	Assessment of Godavari River Water For Sustainable Utilization.	I. B. Ghorade, S. S. Patil, M.D. Wagh	Environment Science	29-32
13	Shiksha, Saksharta aur Media	Dr Subodh Kumar	Journalism	33-34
14	Television Viewing Behaviour of Rural Women	Dr. H.Ramakrishna	Journalism	35-36
15	Female Foeticide and PNDT Act: Issues and Challenges	Dr. Anu, Dr. Pawan Kumar	Law	37-38
16	Product Invasion from foreign Competitors Whether Indian Product will win this Competition?	Dr. Ashish Singh	Management	39-40
17	"Role of State Wise Employment Exchanges on Condition That Employment In India."	Mr. Vimal P. Jagad	Management	41-43
18	A Study for The Growth of Micro, Small, Medium Service Enterprises Thorugh Tourism Development	Prof. Nikita Gupta, Prof. Parag Gadve, Prof. Farha Hussain	Management	44-45
19	To Study The Need of Capacity Building for Rural Tourism	Prof. Parag Gadve, Prof. Nikita Gupta, Prof. Farha Hussain	Management	46-47
20	CRM and Information Technology	Prof KVSN Jawahar Babu	Management	48-49
21	Strategies for Seizing Rural Markets- A Checklist for Fmcg Firms	Prof KVSN Jawahar Babu, N Meena Rani	Management	50-52
22	Implementation of Adaptive Controller based on FPGA for Flow System	Ankit V Bhaiya, Prof. Vandana V. Patel	Management	53-55
23	"A Study of Evaluation of Operating Performance of Selected Mutual Fund in Global Era"	Mital R Menapara, Bhavesh P Chadamiya	Management	56-57
24	"Remarks on the Measurement, Valuation and Reporting of Intangible Assets"	Dinesh C. Dhoniya	Management	58-59

Sr. No.	Title	Author	Subject	Page No.
25	Corporate Social Responsibility: Micro and Macro level	Parul Jain	Management	60-61
26	Role of Management Schools in Transformation of Rural India	Dr. H.Ramakrishna	Management	62-64
27	A Study on Customer Experience in Modern Retail Stores with Reference to Big Bazaar, Hyderabad	N Meena Rani	Management	65-67
28	Impact of Satellite Television on Adolescent Girls of Silchar Town in Southern Assam	Dr Partha Sarkar	Mass Communication	68-70
29	Quality Assurance Procedure for Computerised Tomography Scanners(Test Followed In India)	Suresh Sukumar, Sushil Yadav	Medical Science	71-74
30	Magnetic Resonance Imaging of Routine shoulder protocols	Suresh Sukumar, Sushil Yadav	Medical Science	75-76
31	A Simple Teaching Module for Brain Sections: Integration of Traditional Teaching Methods and Modern Computer Technology.	Dr. Archana U. Shekokar, Vandana A. Tendolkar	Medical Science	77-78
32	Effects of Mand Training on Negative Behaviours and Verbal Behaviour Development: A Case Study	Prasanna V, Sunila John, B Rajashekhar	Medical science	79-81
33	Effectiveness of Videotaped/Photographs in Teaching Handling Techniques for Caregivers of Children with Spastic Cerebral Palsy	V.Guruprasad, KR.Banumathe, T. BalaKrishnan	Medical Science	82-84
34	Comparision of Thresholds of Single Frequeny and Muti Frequency Auditory Steady State Responses in Normal Hearing Adults	Sadanand Gore, Hari Prakash P	Medical Science	85-87
35	Clinical applications of Speech Evoked Cortical Auditory Potentials (SECAPs) in Pediatric Hearing assessment & Aural habilitation- A case report	Ayas Muhammed, Archana, Kishan, Hariprakash, Prajakta Prabhu	Medical science	88-89
36	Rudimentary horn pregnancy: A Case Report	Dr Ashwini Avinash Yelikar , Dr Vidya Vijender Ambatkar, Dr Kishore Hol, Dr G S Shekhawat	Medicine Science	90-91
37	A rare case: Typhoid fever with ARDS	Dr. Ramakrishna Ghubde, Dr. Archana Shekokar	Medicine Science	92-93
38	Motivation, Well-Being & Adjustment of Economic Downturn Survivors: An Empirical Study in a Manufacturing Industry	Vijaya.R, Dr.M.Y.Manjulat	Psychology	94-96
39	Diversity of cladocerans, copepods and ostracods of Kapsi Lake Kapsi, Akola (MS) India	P. P. Ade	Zoology	97-100
40	Study of macromolecular contents of different tissues of Channa punctatus under stress condition	Pooja S. Thakur	Zoology	101-102
41	Spider diversity of Katepurna Sanctuary District Akola (MS) India	Shegokar M.M.	Zoology	103-106

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Research Paper | Medical Science

Effectiveness of Videotaped/Photographs in Teaching Handling Techniques for Caregivers of Children with Spastic Cerebral Palsy

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ABSTRACT

Aim: To determine the effectiveness of videotapes/ photographs in teaching Handling techniques for caregivers of children with Spastic cerebral palsy.

Method: This Experimental study used the videotapes/photographs as a tool for teaching the handling techniques to caregivers of 15 spastic type cerebral palsy children. This study also uses parental questionnaire, and GMFM score sheet for assessment.

Results: The study concluded that there is a significant improvement in therapeutic handling the children by caregivers when using videotape/ photograph teaching between the pre and post test scores of parental handling questionnaire at a significant level of 0.0001. However there is no significant difference observed in the GMFM scale.

Conclusion: This study suggests that video taped/photographic teaching of handling techniques to the caregivers of children with spastic cerebral palsy is effective.

KEYWORDS: Handling techniques, Home Programme, Spastic Cerebral Palsy

Introduction

Cerebral palsy is a disorder of movement and posture (Finnie 1968). Children with Cerebral Palsy often cannot carryout big movements we make when walking, running, jumping, either at all or nearly as normal did (Nancie. R. Finnie 1968). It involves one or more limbs and frequently the trunk. It causes disturbances of voluntary motor function and produces a variety of symptoms (Suzann K. Campbell 1984).

The spastic cerebral palsy is the most common type of cerebral palsy, accounting for nearly 80% of all cerebral palsy. They may have abnormal postural tone, motor behavior, asymmetry etc (Finnie 1968). In this spastic type, the muscles are perceived as excessively stiff and taut, especially during attempted movement (Suzann K. Campbell 1984). Hence the caregivers find difficulties in handling children with severe spasticity.

Several options are available for the management of spasticity. One among them is Neuro Developmental Therapy which is commonly used treatment method for children with Cerebral Palsy. It was based on the theory that inhibiting or modifying impairments of spasticity and abnormal reflex patterns could improve movement and prevent contracture and deformity (Suzann K. Campbell 1984). Neuro Developmental Therapy principles include the encouragement of normal movement patterns through therapeutic handling during functional motor activities.

As we know that limited duration of therapy in settings/ department will not benefit the child to the major extend and hence maintenance of therapy at home is essential. Similarly parental involvement is crucial for integrating treatment in to everyday life and to obtain optimal results. It also makes parents to gain insight in to the impairments and abilities of their children, for a better handling (Suzann K. Campbell 1984).

Hence parental participation in home therapy programmes recommended by occupational therapists for children with cerebral palsy (piggot Hocking & paterson 2003). This parental participation can be mediated through teaching the handling techniques to the caregivers/ parents which they can follow in home to help the child in all aspects of handling during dressing, carrying etc.

There are various methods to teach the parents about handling techniques. According the Nancie R. Finnie 1968, "The use of video tape recording helps parents to learn particular handling skills. A short sequence of film can act as a backup for parents. For e.g. as a reminder of any special techniques they have been taught"

So the present study aim to find out the effectiveness of using videotapes/photographs in teaching handling techniques to caregivers of children with cerebral palsy.

Research question

How effective is the use of videotapes/photographs in teaching handling techniques to the caregivers of children with spastic cerebral palsy?

Null hypothesis

There is no significant effect on using the videotapes/photographs for the purpose of teaching handling techniques to caregivers of children with spastic cerebral palsy.

Alternate hypothesis

There is a significant effect on using videotapes/photographs in teaching handling techniques to the caregivers of children with spastic cerebral palsy.

Aim

- To determine the effectiveness of videotapes/photographs in teaching handling techniques to caregivers of children with spastic cerebral palsy

Objectives

- To teach the handling techniques to the caregivers of children with spastic cerebral palsy for a better home programme.
- To evaluate the GMFM (Gross Motor Functional Measure) – Assessment.
- To provide handouts/videos to make a better follow up at home.
- To create awareness of the condition and their manifestations among the parents.
- To provide confidence among the caregivers in handling the cerebral palsy child at home.

Methodology

Type of Research: Quantitative Research
Study Design: Quasi Experimental

Sampling Method

In this study fifteen spastic type cerebral palsy children were selected through the convenient sampling method.

Inclusion Criteria

- Age 2 – 6 years.
- Both boys and girls.
- Only spastic type cerebral palsy's.
- Should be undergoing occupational therapy
- GMFCS level IV & V.

Exclusion Criteria

- Parents/caregivers not regularly attending therapy sessions.

Tools Used
- Parental questionnaire
- Gross Motor Functional Measure (GMFM) score sheet.

Parental questionnaire
This questionnaire assesses the perceived feelings of the caregivers regarding handling the child at home. This questionnaire consists of 13 questions which the caregiver of the child has to fill up. The scoring was done using 5 point rating scale.

GMFM scale:
Gross motor function measure to measure change in gross motor function over time in children with cerebral palsy. This tool consists of 88 items under 5 dimensions. The scoring was done using 5-point rating scale. High score in GMFM scale indicates that there is a significant improvement in Gross Motor Function.

Procedure
Children with spastic type cerebral palsy were taken from different organizations within Coimbatore. The aims and objectives of the study was explained and verbal consent was obtained from the parents of those children.

Among those 24 children, only 15 children met the selection criteria i.e., spastic type cerebral palsy remaining others were excluded from the study due to associated problems like mental retardation etc.

Parental handling questionnaire was administered to the parents/caregivers to fill the 5-point rating scale to mark the percentage of handling the child at home by parents/caregiver and their family members.

GMFM scale was administered before the teaching sessions. Following that, 7 sessions were conducted.

Session I
This is a general introduction session, aimed at providing information regarding the condition (cerebral palsy) and its various dimensions along with outline of medical and surgical management. Much importance was given to the rehabilitation with a broad emphasize on Occupational therapy.

Session II
In the II session, parents were educated about the importance of their role in caring and maintaining the therapy at their home.

Session III
In third session, the parental handling questionnaire was administered to the parents along with the GMFM for the child.

Session IV
In this session parents were shown the video recordings of the various ways of handling /positioning the child during the process of carrying, feeding, play and also emphasize the parents about the abnormal positions.

Session V
This session is based on a complete practical demonstration of the various handling techniques which has been taught already in the previous sessions and the doubts were clarified.

Session VI
In this session again parental handling questionnaire was administered along with GMFM to evaluate the effectiveness of teaching provided.

Session VII
This is a feedback session done in order to find out the caregiver's opinion regarding the information provided in the previous sessions. Importance was given for the regular follow up, time schedules were gives to the parents/caregivers.

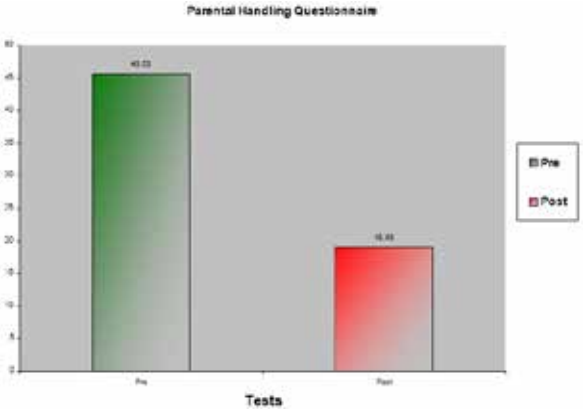
Data Analysis
A convenient sample of 20 subjects was selected. Among which 15 subjects were taken for the study based on the inclusion criteria to compare the pre and post test score. The paired t-test is used to compare a sample group's scores before and after an intervention.

Table-I: Comparison of Pre and Post Test Score of Parental HandlingQuestionnaire

Tests	Mean	SD	't' value	Level Of Significance
Pre	45.53	5.53	26.1313	0.0001
Post	18.93	2.55		

The results of table I depict the comparison of pre and post test scores of parental handling questionnaire which shows the significant difference at the level of 0.0001 and proves the alternate hypothesis.

Graph I: Comparison of Pre and Post Test Scores of Parental Handling Questionnaire.



Comparison of Pre and Post Test Score of GMFM.
The data's obtained from pre and post test score of GMFM doesn't shown any significant difference to do any statistical analysis.

Discussion
This study was conducted to determine the effectiveness in using videotapes/photographs for teaching handling techniques to caregivers of children with spastic cerebral palsy.

This study was formulated with the background of the results of the study conducted by Iona Navak and Anna Cuside in the year 2006 who detected the urgent need to develop clinical guidelines for home programmes through vigorous formal processes and a study done by Sei Joo kim, Eun Halee, et. Al in the year 2006 also stressed on the need of practical programme of home therapy with educating the parents/caregivers with various efficient formal methods to improve motor development of the children with spastic cp.

The present study results support the fact that using videotapes/photographs are effective in teaching the handling techniques to the parents/caregivers.

Limitations
- Short intervention period.
- Age group 2 to 6 years only.
- Small sample size.
- Answers given by the parents using questionnaire were subjective.

Recommendations
- The study can be extended for long duration.
- Further study can also be done for other types of CP.

Conclusion
The result of this study indicates that using videotapes/photographs for teaching handling techniques to the caregivers of children with cerebral palsy is more effective home programme. The findings strongly suggest that videotapes/photographic teaching is important for occupational therapists to help the parents/caregivers to teach about correct ways of handling their children at home.

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