

# Effectiveness of Selected Feeding Techniques on Knowledge and Practice among Caregivers of Cerebral Palsy Children at Anbu Illam, Vellore

Linda Xavier<sup>1</sup>, Mary Minolin .T<sup>2</sup>, Dr. P. Mangala Gowri<sup>3</sup>

<sup>1</sup>II Year M.Sc (N), Saveetha College of Nursing, Chennai, India

<sup>2</sup>Guide, Saveetha College of Nursing, Chennai, India

<sup>3</sup>Principal, Saveetha College of Nursing, Chennai, India

**Abstract:** A Pre- experimental study was done to assess the effectiveness of selected feeding techniques on knowledge and practice among caregivers. Purposive sampling technique was used and 35 caregivers were selected at "Anbu Illam" (Home for Cerebral Palsied children)-Vellore. Demographic variables were collected by using structured questionnaire and Observational checklist was used to assess the feeding techniques. Descriptive and inferential statistics was used for the analysis of data. In Domain-I (Level of knowledge on Feeding difficulties faced by children with Cerebral Palsy) 21 (60%) of the Caregivers had inadequate knowledge and 24 (68.57%) of the Caregivers had adequate knowledge. In Domain- II (Level of knowledge on Correct Feeding technique to be used for children with Cerebral Palsy) 19 (54.28%) of the Caregivers had inadequate knowledge and 15 (42.85%) of the Caregivers had moderately adequate knowledge. In Domain- III (Level of knowledge on Advantage of using correct feeding technique used for children with Cerebral Palsy) 17 (48.57%) of the Caregivers had inadequate knowledge and 14 (40.00%) of the Caregivers had adequate knowledge. In Practice (Three Finger Jaw technique and Blanched feeding technique for children with Cerebral Palsy) 35 (100%) of the Caregivers had Unsatisfactory practice level on Feeding technique and 22 (62.85%) of the Caregivers had highly satisfactory practice level. The  $\chi^2$  test shows that the Age, educational status, years of experience, and Source of information has no statistical significance at  $p < 0.05$ .

**Keywords:** Effectiveness, Cerebral Palsy, and Feeding techniques (Three finger jaw control, blanched feeding technique)

## 1. Introduction

Globally it was found out that severely disabled children are known to be high risk for developing malnutrition. The spectrum of malnutrition ranges from 43% prevalence of under nutrition among moderately or severely disabled children with Cerebral Palsy. Therefore nutrition is very essential to improve the health status of the Cerebral Palsy children. Hence the investigator felt that some feeding technique will help these children to improve their nutritional pattern, so the investigator was introduced to demonstrate the feeding techniques to the caregivers of Cerebral Palsy children

## 2. Statement of the Problem

"Effectiveness of selected Feeding Techniques on knowledge and practice among caregivers of Cerebral Palsy children at Anbu Illam, Vellore

## 3. Objectives

The objectives of the study

- To assess the knowledge and practice on feeding technique among care givers of Cerebral Palsy children
- To find out the Effectiveness of demonstrating Three Finger Jaw Control and Blanched feeding technique among the caregivers of Cerebral Palsy children for 30 mins in 1 week duration
- To associate the findings with selected demographic variables

**Hypotheses:** H1 -. There is a significant increase in the knowledge and practice among caregivers of Cerebral Palsy children after demonstration of selected feeding techniques.

## 4. Methodology

Pre-experimental research design, purposive sampling technique was used for this study. All the caregivers of cerebral palsy children (35) at Anbu Illam-Vellore are taken as sample in this study. The data was collected, organized and analyzed in terms of both descriptive and inferential statistics.

## 5. Major Findings of the Study

The Analysis of the study shows

- In **Domain-I** (Level of knowledge on Feeding difficulties faced by children with Cerebral Palsy) 21 (60%) of the Caregivers had inadequate knowledge and 24 (68.57%) of the Caregivers had adequate knowledge
- In **Domain- II** (Level of knowledge on Correct Feeding technique to be used for children with Cerebral Palsy) 19 (54.28%) of the Caregivers had inadequate knowledge and 15 (42.85%) of the Caregivers had moderately adequate knowledge
- In **Domain- III** (Level of knowledge on Advantage of using correct feeding technique used for children with Cerebral Palsy) 17 (48.57%) of the Caregivers had inadequate knowledge and 14 (40.00%) of the Caregivers had adequate knowledge
- In **Practice** (Three Finger Jaw technique and Blanched feeding technique for children with Cerebral Palsy) 35 (100%) of the Caregivers had Unsatisfactory practice

level on Feeding technique and 22 (62.85%) of the Caregivers had Highly satisfactory practice level

## 6. Conclusion

The study findings revealed that feeding techniques helps in improving the oral functioning for feeding and provides stability of the oral mechanism therefore it is to be concluded that feeding techniques is essential for Cerebral Palsy children and there was no significant association between the level of knowledge and practice on feeding techniques with significant demographic variables such as age, educational status, years of experience and source of information

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