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Assessment of three therapeutic approaches including bobath, conductive education and education to parents regarding to activity of daily living (ADL) in children with cerebral palsy in IRAN

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Abstract:

Objective: One of the most important responsibilities of occupational therapists is treatment of children with cerebral palsy to improve their functional abilities to be independent.

The goal of this study was to determine effectiveness of bobath, conductive education (CE) and education to parents on ADL in educable children with cerebral palsy, (4-8) year olds in IRAN

Material and Methods: This study was Quasi-experimental and interventional with pre - post study design, that performed on 45 children with cerebral palsy (15 bobath, 15 CE , 15 education to parent). They were chosen by simple randomize sampling and matched from (sex, age, IQ and type). Clinical tests were goodenough and client development evaluation report (CDER). The results were analyzed by statistical tests such as Wilcoxon signed, Kuruskal-Wallis and mann-whitney U.

Results: There was no significant different between three groups in mean ages ($p=0/261$) and IQ ($p=0/449$). Three groups had significant improved in ADL after treatment ($p=0/001$). There was significant relation between difference function of total ADL in three groups after treatment ($p=0$). The most effective approach was CE, then education to parent and bobath

There were significant differences between sub tasks environment areas (13 from 17 sub tasks) and children in CE group received higher scores.

Conclusion: Bobath, CE and education to parents approaches increase improvement of ADL skills. But in CE approach, Group education, created better social communication and more mobility in familiar environments. In the other hand, Practical educations and programs of ADL increase improvement of such skills.

Key words: cerebral palsy, activity of daily living, child - preschool, parents, disabled persons