

EFFECTOS DE UN PROGRAMA DE INTERVENCIÓN DE TERAPIA OCUPACIONAL SOBRE LOS NIVELES DE ESTRÉS EN MADRES DE NIÑOS CON ENFERMEDADES TERMINALES.

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Abstract

The high level of stress for the caretaker of children with terminal illness lodge in the hospital of long stance interfere in the appropriate performance of activities of everyday's life (social, job, constructive use of free time, sexual, etc), of occupational nature and likewise in cognitive skills such as the performance of tasks and executive work and the flexibility in problem's resolution and high level of excitation (attention). The objective of this investigation was to determine the effectiveness of an intervention program of occupational therapy that consists in health education, the Jacobson Progressive Relaxation Technique, Music Videos and exposure to humour, on the levels of stress of mothers of children with terminal illness who are interned at the Hospital Clínico Universitario in Caracas-Venezuela. We used a quasi-experimental design of unique case, with repeated measures (pre-post) in a sample of four participants. The intervention was conducted in 5 sessions spread over a week. To evaluation of the intervention program we used the scores in the diary and the modified questionnaire "Pediatric Inventory for Parents of Strisand (2001), with a 5-point Likert scale consisting of 35 items. An analysis of the results through visual graphics and contrasting the scores in the pre- and post-test, showed differences between pre and post-training in the subjects, however, the expected result was not obtained. It is recommended to follow the line of inquiry to verify the long-term effects.

Key Words: everyday life, individual, occupational therapy, evaluation and stress.