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Do Educational Interventions with Mothers Enhance the Quality of Life of their Children with Chronic Functional Constipation in a Randomized Trial?

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Abstract

Aim: To analyse the effect on the quality of life of children with chronic functional constipation when performing educational intervention on mothers, using the technique of focus groups, in a prospective randomized trial.

Method: This study was conducted on the paediatric gastroenterology clinic of the teaching hospital of the Federal University of Pernambuco, from November 2012 to May 2013. A prospective study of educational intervention in health was applied on two randomized groups (experimental and control) that was formed from a sample of 55 participants according to the Rome III criteria. Mothers from the experimental group participated of a focus group that used active methods of teaching and learning in order to elucidate the biopsychosocial issues surrounding constipation. Children from both groups kept the usual treatment held by the paediatric gastroenterologist during the monthly medical visits. In order to measure the primary outcome - quality of life - the questionnaire PedsQLTM 4.0 Generic Core Scales was applied to both groups before and after the intervention. The data related to clinical parameters and quality of life of participants-IMPedsQLTMMth biMbi mMtg=MbMg=biÆfMTMM

the educational intervention on focus groups with mothers configure a therapeutic alternative to patients and families living with defecation disorders.

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Keywords: Quality of life; Constipation; Child; Health education

Introduction

Chronic functional constipation (CFC) U YMg about 30% of the children over the world [1]. A conceptual model that was published on a recent research shows that the genetic predisposition and stressful events that occur in early life make children more vulnerable to evolve gastrointestinal functional disorders (GFDs) [2] causing a negative impact on the Quality of Life (QoL) of patients and on their family dynamics [3-5].

Children with CFC are conditioned to withhold faeces. Y evacuation fY YMJcb is inhibited due to the fear of defecating and the pain of passing dry stools, which leads to

foundations of a complex problem and on biopsychosocial

the regulation of the humour of their children. YfYZ:fYZ these children may present changes of physical and mental aspects due to the psychological stress experienced U Yf the faecal incontinence episodes [1.8-10].

Furthermore, the fact that the carers do not appreciate the complaints of their children and/or adolescents may result in the chronicity of the symptoms related to functional defecation disorders, which leads to a poor adjustment on the act of defecation and also to harms on the QoL of these patients, considering the physical, social, emotional and cognitive domains [2,9.10].

Y standard treatment for CFCs is based on the biomedical model and comprehends faecal disimpaction, toilet training, rational use of laxatives and ingestion of dietary VfY' | g treatment has not been considered successful, so ot

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]b i YbW on the experienced by their children. Mothers feel encouraged and children's welfare. In this context, mothers play a substantial role on

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empowered to perform their child's care, enhancing the QoL of the patient and its family.

In pursuit of a complementary approach, the educational intervention using the focus group technique [12] on mothers of children and adolescents with CFC may constitute a change in the health care model. It consists of a participative and permanent education, which arises from the real living conditions of patients and their families, in order to facilitate the comprehension of the environmental stimuli that leads to the fear of pain on the defecation, and mainly to improve the QoL.

Yf VZcf YZ this study aims to analyse the Y YM of an educational intervention using the focus group technique on mothers of children and adolescents with chronic functional constipation and the quality of life of their children. Y hypothesis was that the educational

Y focus group discussed themes related to the concept of



Figure 3 YY While treatment on retentive faecal incontinence in children and adolescents with defecation disorders.

Y participatory educational intervention with mothers, who felt they were listened during the focus group meetings, motivated the understanding of the patient and family about the aspects involved in constipation. Y provided assistance allows and eases the understanding of the causes and maintenance of the fear to evacuate and of the anxiety disorder, which sometimes settles on the children and on their mothers [28]. YfYZ:fYZ:it is likely that children with high sensitivity to anxiety have an increased risk to develop fear of pain and physical, emotional or behavioural disabilities, which are c Yb irreversible due to its chronical nature [4,24,29].

Y educational activity that was performed in this study, which

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