

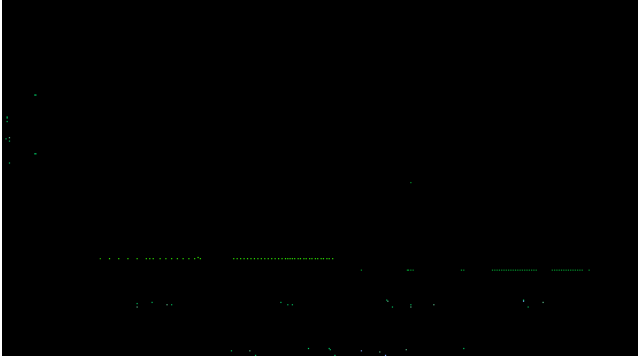


empowered to perform their child's care, enhancing the QoL of the patient and its family.

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.

Therefore, this study aims to analyse the effect 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. The hypothesis was that the educational

Y focus group discussed themes related to the concept of



**Figure 3** Effect of 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]. YfYfYit 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 chronic nature [4,24,29].

Y educational activity that was performed in this study, which

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