

Fall 11-2023

Occupational Therapy Interventions that Influence Quality of Life of Care Partners of Children with Developmental Disabilities: A Systematic Review

Alaina Akey
University of Nebraska Medical Center

Maggie Alsup
University of Nebraska Medical Center

Madison Cockerill
University of Nebraska Medical Center

Sydney Wondra
University of Nebraska Medical Center

Tell us how you used this information in this [short survey](#).

Follow this and additional works at: https://digitalcommons.unmc.edu/cahp_ot_sysrev



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Akey, Alaina; Alsup, Maggie; Cockerill, Madison; and Wondra, Sydney, "Occupational Therapy Interventions that Influence Quality of Life of Care Partners of Children with Developmental Disabilities: A Systematic Review" (2023). *Student Systematic Reviews: Occupational Therapy*. 12.

https://digitalcommons.unmc.edu/cahp_ot_sysrev/12

This Poster is brought to you for free and open access by the Occupational Therapy at DigitalCommons@UNMC. It has been accepted for inclusion in Student Systematic Reviews: Occupational Therapy by an authorized administrator of DigitalCommons@UNMC. For more information, please contact digitalcommons@unmc.edu.

Occupational Therapy Interventions that Influence Quality of Life of Care Partners of Children with Developmental Disabilities: A Systematic Review

Alaina Akey, Maggie Alsup, Madison Cockerill, & Sydney Wondra

Stacy Smallfield DrOT, OTR/L, BCG, FAOTA, Danielle Westmark, MLIS, IPI PMC

Molly Whitlow PhD, MPH

College of Allied Health Professions – Occupational Therapy Program



COLLEGE OF ALLIED
HEALTH PROFESSIONS



Background

Children with developmental disabilities may require a higher level of care and support in comparison to their typically developing peers.¹

As a result, care partners may experience increased psychological, physical, social, and financial hardships that impact their overall quality of life (QoL).²

Background



Purpose:

- This systematized review examines the current state of OT interventions that address the QoL of care partners.

Focused Question:

- What OT interventions improve the QoL of care partners of children with developmental disabilities?

Method



Search Strategy

- Consulted with a research librarian
- A variety of search terms were used on topics concerning care partners, QoL, and children with disabilities.

Databases

- CINAHL
- MEDLINE
- PsychINFO
- Google Scholar

Dates of Publication

- 2009-2020

Inclusion Criteria

- QoL
- OT intervention
- Care partner of a child with developmental disability

Method



107 articles identified through database search



86 articles remained after duplicates were removed



61 titles and abstracts screened + 17 hand searched articles



25 full text articles reviewed



5 articles included in this review

Results



Articles reviewed

1 level 1B study
(randomized
control trial)

4 level 3B studies
(1 group; pre/post)

Intervention approaches:

3 care partner-
based
interventions

2 child-based
interventions

Outcomes:

All interventions
resulted in
improvement in at
least 1 domain of
QoL

Results



Author/ year	Level of evidence & Study design	Intervention approach:	Statistical significance (+/-)	Other themes identified
Khanjani et al., 2009	Level 3B: one group pre/post	Care partner based	+	<ul style="list-style-type: none"> - Primary care partner not specified - SF-36 outcome measure - Child with cerebral palsy diagnosis
Khanum & Beg um, 2018	Level 3B: One group pre/post	Care partner based	+	<ul style="list-style-type: none"> - Mother was primary care partner - WHOQOL-BREF outcome measure - Child with Autism Spectrum Disorder diagnosis
Nobakht et al, 2020	Level 1: RCT	Care partner based	+	<ul style="list-style-type: none"> - Mother was primary care partner - SF-36 outcome measure - Child with cerebral palsy diagnosis
Prudente et al., 2010	Level 3B: one group, pre/post study design	Child-based	+	<ul style="list-style-type: none"> - Mother was primary care partner - SF-36 outcome measure - Child with cerebral palsy diagnosis
Siddharth & Gupta, 2016	Level 3B: One group pre/post	Child-based	+	<ul style="list-style-type: none"> - Mother was primary care partner - WHOQOL-BREF outcome measure - Child with cerebral palsy diagnosis

(+) indicates statistically significant improvement in care partner QoL



Discussion

Limitations:

- Risk of bias: missed articles and some articles not retrievable

Gaps in Evidence:

- Therapeutic dosage and application to a broader care partner population
- Limited OT interventions addressing this population/concern

Discussion



Key Findings and Main Takeaways:

- OT has a role in providing care to clients and care partners
- **OT practitioners should routinely offer and provide:**
 - Care partner-based interventions
 - Child-based interventions
- Both interventions improved care partner's QoL
- Moderate strength of evidence for both interventions

References



Articles in Appraisal:

- Khanjani, S., Hatamizadeh, N., Hosseini, A. M., Rahgoz, M., & Arjarmand, M. (2009). Effect of education about caring of children with cerebral palsy on quality of life of family-caregivers, *Quarterly Journal of Rehabilitation*, 10(3), 38-42.
- Khanum, S., & Begum, R. (2018). Effectiveness of occupational therapy interventions on depression and quality of life of mothers with autistic children. *Indian Journal of Physiotherapy & Occupational Therapy*, 12(4), 120-125. DOI: [10.5958/0973-5674.2018.00091.6](https://doi.org/10.5958/0973-5674.2018.00091.6)
- Nobakht, Z., Rassafiani, M., Hosseini, S. A., & Hosseinzadeh, S. (2020). A web-based daily care training to improve the quality of life of mothers of children with cerebral palsy: A randomized controlled trial. *Research in Developmental Disabilities*, 105, Article 103731. <https://doi.org/10.1016/j.ridd.2020.103731>
- Prudente, C., Barbosa, M., & Porto, C. (2010). Relation between quality of life of mothers of children with cerebral palsy and the children's motor functioning, after ten months of rehabilitation. *Revista Latino-Americana de Enfermagem*, 18, 149-155.
- Siddharth, V., & Gupta, A. (2016). Occupational therapy intervention in cerebral palsy children with oral motor dysfunction (OMD) and its impact on occupational goals and quality of life of their mothers. *Indian Journal of Physiotherapy & Occupational Therapy*, 10(4), 159-164. DOI: 10.5958/0973-5674.2016.00139.8.

Other References:

1. Akyurek, G., Gurlek, S., Ozturk, L. K., & Bumin, G. (2023). The effect of parent-based occupational therapy on parents of children with cerebral palsy: A randomised controlled trial. *International Journal of Therapy and Rehabilitation*, 30(1), 1–12.
2. Murphy, N. A., Christian, B., Caplin, D. A., & Young, C. P. (2006). The health of caregivers for children with disabilities: Caregiver perspectives. *Child: Care, Health and Development*, 33(2), 180-187. <https://doi.org/10.1111/j.1365-2214.2006.00644.x>



COLLEGE OF ALLIED
HEALTH PROFESSIONS



UNIVERSITY OF
Nebraska
Medical Center