

# Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

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## BOOK OF ABSTRACTS



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## **PSYCHOSOCIAL IMPACT OF PARENTS WITH THALASSAEMIA CHILDREN IN BATTICALOA DISTRICT**

Nifla AKF<sup>1</sup>, Mizra MMF<sup>1</sup>, Tissera WDS<sup>1</sup>, Dayasena BPP<sup>1</sup>, Arulpragasam AN<sup>2</sup>

<sup>1</sup> Faculty of Health-Care Sciences, Eastern University, Sri Lanka

<sup>2</sup> Department of Clinical Sciences, Faculty of Health-Care Sciences, Eastern University, Sri Lanka

**Background:** Thalassaemia is a blood disorder passed down through families in which the body makes an abnormal form of haemoglobin resulting in excessive destruction of red blood cells. Patients require lifelong blood transfusion, usually started within 6-12 months of birth, which on other hand has its own complications. It is a chronic disease that manifest so early in life that it leads to psychological and social problems for parents.

**Objective:** To assess the psychosocial impact of Thalassaemia among families of affected children in Batticaloa district.

**Methodology:** This cross sectional descriptive study was conducted among the parents of thalassaemic children attending Batticaloa Teaching Hospital (n=25) during the year 2017. A self-administered questionnaire was used that contain questions regarding psychological and social aspects. Berry & Jones Parental Stress Scale was used to assess the stress of parents of Thalassaemic children.

**Results:** Of the 25 mothers who participated in this study 8% were illiterate, 80% educated upto GCE O/L. 80% of children were diagnosed before the age of 3 years. Psychological impact was varying in this study. About 52% have moderate stress, 48% have mild stress, and none reported severe stress. Stress and period of exposure to disease showed strong direct correlation (Correlation co-efficient = 0.778). Regarding satisfaction on child's school performance, behaviour and social interaction: 44% strongly agreed, 38% agreed. All (100%) reported that they have good support from their partner and that they are satisfied with the available health-care system. About 52% parents had good financial support to cope up. About 64% expressed their need of regular counseling.

**Conclusions:** Psychological impact was varying in this study with majority claiming that they do not have major psychosocial impact because of their child's illness. Establishing regular counseling services would be helpful to overcome parental stress.

**Keywords:** Thalassaemia, chronic disease, psychological, social, parents, impact