6th World Nursing and Healthcare Conference

August 15-17, 2016   London, UK

Determınıng caregıvıng burden for mothers of chıldren wıth autısm dıagnosıs and affectıng factors

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This study is determined to analyze caregiving burden for mothers of children with autism diagnosis and affecting factors. The research sample group is consisted of mothers of children with autism diagnosis who are monitored by a private educational institute in Avcılar, İstanbul. The sample group included 92 mothers who have an autistic child within age group of 0-18 and agreed to participate in the study.

The research data was gathered in between August 14th – October 14th 2015 by using Zarit Burden Interview Scale and creating socio-demographic form through scanning related literature. As a result of research; numbers, percentage, and arithmetic mean was used for specifications by transferring gathered data to SPSS 22.0 software. The difference between socio-demographic characteristics and child's autism level scale score was determined by using single direction analysis of variance, significance test for difference of two means, and correlation methods. Also non-parametric Kruskal Wallis U tests were used along with parametric T test.

It is determined by evaluating the data that caregiving burden has increased for mothers of children with autism diagnosis in correlation with mothers' ages, incomes, health issues, time after autism diagnosis, existence of health issues other than autism, and child's autism level ($p<0.05$). On the other hand, it is found that mother's education and occupation, marital status, social security and sense of health, family type, knowledge on autism, and having an assistant for care were irrelevant to caregiving burden ($p>0.05$).

The major issues for mothers on caregiving were listed as financial issues caused by education expenses, troubles on behavioral control caused by repetitive and obsessed behaviors along with incapability of communication and social skills which were observed in case of autism, and inability communicate with the child. Also, travelling with the child by using public transportation causes trouble hence the child's behaviors. Mothers also addressed issues on insufficient time for both child and other family members, along with insufficient time caused by their work. They also mentioned that they do not have time for themselves due to insufficient time. Child's dependency and mothers' psychological fatigue are listed along mothers' issues as well.

In accordance with gathered results, pediatric nurse's aim on autism should be focused on improving speaking and social skills, reducing behavioral issues, supporting and educating the family, child, and caregiving mothers. Nurses, by undertaking many functions, will be essential on reducing caregiving burden for mothers.

Biography

Prof Lale Buyukgonenc (Algıer), is the director of Koc University College of Nursing and Semahat Arsel Nursing Education and Research Centre. She obtained her PhD degree in paediatric nursing. She has certifications related the quality assessment, and she has published researches regarding quality improvement and development. She has taken an active role in developing and revisions of the curriculum in schools of nursing. Also she has actively involved in planning and further development of master and doctorate programs in health science institutes. Prof Lale Büyükgönenç (Algıer) has a great number of national and international publications and presentations in children's health, quality of life, nursing education, nursing ethics and oncology nursing.

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J Nurs Care
ISSN: 2167-1168 JNC, an open access journal

World Nursing 2016
August 15-17, 2016

Volume 5, Issue 4(Suppl)

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