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Care practices among parents of children with congenital heart disease and impact of social support and parental self-efficacy on care practices

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Background: Appropriate care practices from parents of children with Congenital Heart Disease (CHD) are important to reduce complications and, facilitate the success of medically planned surgery. Social support and parental self – efficacy have an impact on care practices among parents for children with CHD.

Objective: To describe care practices among parents of children with CHD and to study the relationships between social support, parental self-efficacy, and care practice in parents of children aged 1-5 years old with acyanotic CHD.

Method: This descriptive correlational study used an in-house developed, pre-tested questionnaire guided by literature review. The study sample size was 88 parents of children aged 1-5 years old with acyanotic CHD. Data were collected at the cardiology and cardiothoracic clinics of the Lady Ridgeway Hospital for children and Teaching hospital Kurunagala in Sri Lanka from March to April 2019. Data were analyzed with descriptive statistics and Pearson’s correlation coefficient. $P < 0.05$ was considered significant.

Results: The participants (94.4%) had high overall care practices (112.2 ± 8.2). Mean age of participants were 31.88 ± 6.21 years. High mean scores were found in nine of the ten dimensions of care practice, whereas dental care had a moderate care practice (11.4 ± 3.0). Daily living care (15.15 ± 1.24), timely immunization (3.97 ± 0.18), and bringing the child for followup care (3.95 ± 0.34) were found to be high mean scores. Social support ($r; 0.47, p < 0.05$) and parental self-efficacy ($r; 0.56, p < 0.05$) were associated with care practices ($p = 0.01, p < 0.05$).

Conclusion: The finding of this study discovered that majority of parents of children with CHD practiced a high level of care behavior and there is impact of social support and parental self-efficacy on care practices.