Impact of Socioeconomic Status on Adherence to Home Exercise Programs among Children

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Case
A 6-year old boy diagnosed with Cerebral Palsy is receiving occupational therapy services to increase independence during daily activities. He has been given a home exercise program with stretches and exercises for him to complete daily. He comes from an under-resourced family who is struggling financially. The OT is interested in understanding the relationship between socioeconomic status and overall adherence/effectiveness of the home exercise program.

1 Ask: Research Question
To what extent does socioeconomic status (SES) impact overall adherence and effectiveness of occupational therapy home exercise programs for children and their caregivers?

2a Acquire: Search
Databases: PubMed, ClinicalKey, Google Scholar, Science Direct, ProQuest Health and Medical Complete.

Patient/Client Group: Children with a variety of diagnoses and their parents.

Intervention: Home Exercise Program (HEP) Comparison: Families who are not of low SES Outcome(s): Camvoyer and effectiveness of HEP.

2b Acquire: Selected Articles
Basaran, Darakdavut, Uneri, Balbaloglu, & Atasoy (2014): A cross-sectional study design defined features that impact the adherence to HEPs among caregivers of children with cerebral palsy (CP).

Oates (2015): A case-control study investigated whether Cystic Fibrosis (CF) patients of higher SES have better adherence rates than patients of lower SES. It aims to discover whether the positive correlation between SES and CF outcomes will decrease when controlling for adherence.


3a Appraise: Study Quality
Basaran, Darakdavut, Uneri, Balbaloglu, & Atasoy (2014): Level IV, n=147, Age Range: 2-18 years. Strengths: reliable assessment measures, diverse sample group, use of statistically significant univariate tests. Limitations: reliant on self-reports, not longitudinal, other variables not considered.


3b Appraise: Study Results
Basaran, Darakdavut, Uneri, Balbaloglu, & Atasoy (2014): SES was not found to be significantly related to adherence to HEPs among children with CP.

Oates (2015): There is a link between SES to health outcomes and adherence to therapy. More maternal college experience and higher annual household income positively impacted adherence to HEPs.

References


The findings examining the relationship between SES and treatment adherence to Home Exercise Programs are mixed. A causal relationship cannot be determined.