



feeding matters

Health-Related Quality of Life (HRQoL) of Parents of Children with Feeding Disorders

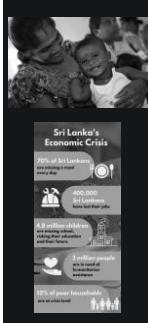



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Introduction

- Health-Related Quality of Life (HRQoL) is the effect of disease on the physical, psychological, social, and welfare dimensions of the life of those who are affected from (Abadesso et al, 2022).
- The impact of Pediatric Feeding Disorder (PFD) is not just related to children but causes a huge impact on the people around them; family/caregivers (Lefson-Greif, 2008).
- Those impacting factors influence caregivers' physical, mental, and emotional well-being directly (Lamm et al, 2022).
- HRQoL of parents of children with PFD is a developing research area internationally and has not yet been investigated extensively in Sri Lanka.

Objectives

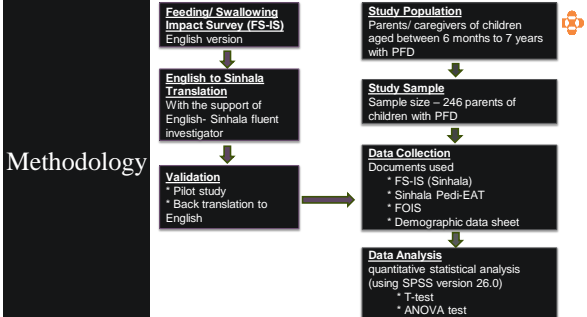
General objective:

To examine the impact of feeding disorders in children on the Health-Related Quality of Life (HRQoL) of their parents in a tertiary care clinical setting in Western Province, Sri Lanka

Specific objectives:

- To translate and adapt the Feeding / Swallowing - Impact Survey (FS-IS) (Lefson-Greif et al, 2014) to Sinhala language.
- To determine the association between HRQoL of parents/caregivers of children with feeding disorders and selected socio-demographic factors (marital status, income, educational level, etc.)

Methodology



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      A[Feeding/Swallowing Impact Survey (FS-IS) English version] --> B[English to Sinhala Translation]
      B --> C[Validation]
      C --> D[Data Collection]
      D --> E[Data Analysis]
      F[Study Population] --> G[Study Sample]
      G --> D
  
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Feeding/Swallowing Impact Survey (FS-IS) English version

English to Sinhala Translation
With the support of English- Sinhala fluent investigator

Validation
* Pilot study
* Back translation to English

Study Population
Parents/ caregivers of children aged between 6 months to 7 years with PFD

Study Sample
Sample size – 246 parents of children with PFD

Data Collection
Documents used
* FS-IS (Sinhala)
* Sinhala Pedi-EAT
* FOIS
* Demographic data sheet



Data Analysis
quantitative statistical analysis (using SPSS version 26.0)
* T-test
* ANOVA test
* Pearson Correlation test

Results


- Increased severity of PFD** in children- parents have significantly harder time to do daily chores ($r(244) = 0.143, p = 0.025$), higher anxiety about their lives ($r(244) = 0.206, p = 0.001$).
- Parents whose **children are exclusively fed using an alternative way (NPO)** reported having a significantly better quality of life compared to parents whose children need a strict modified diet, both oral and tube feeding ($F(6) = 3.864, p = 0.001$).
- As **children get older**, parents worry less about their eating habits ($r(244) = -1.458, p = 0.023$).
- When **family income is higher**, parents feel their overall quality of life improves ($F(2) = 2.978, p = 0.053$).
- The **more educated parents** are, the better their quality of life tends to be ($F(2) = 3.147, p = 0.045$).
- Having more children in the family** can make it harder for parents to manage daily activities ($r(244) = 0.128, p = 0.045$).

Conclusion

- Long-term use of highly strict texture-modified diets for children can increase parental stress and reducing QoL of parents and children with PFD.
- Parents of children with exclusive alternative (tube) feeding showing higher HRQoL may indicate that safety and efficiency involved in alternative feeding is an advantage to reduce parents' worry on the child's feeding disorder.
- Demographic factors such as parents' education level, income and number of other children in the family play a significant role in determining HRQoL of parents of children with FD. This should be considered when implementing feeding management for children.
- Clinicians should include parents in the team when dealing with children's feeding issues. This is crucial because the parents' quality of life plays a big role in making the child's care plan effective.
- Service providers should focus on improving parents' knowledge on the child's condition/ prognosis and supporting financial hardships to improve parents' engagement with feeding therapy.
- In the future, it's important to do more long-term studies with bigger groups of parents to understand how various diagnoses or causes affect their overall quality of life.

Key References

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THANK YOU

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