



ABSTRACT

Name of Institution : De La Salle University-Dasmariñas
Address : Bagong Bayan, Dasmariñas, Cavite
Title : Relationship of Caretakers' Level of Support and Knowledge of the Home Exercise Program to the Functional Status of Stroke Patients in Selected Hospitals In Cavite: Input to Seminar In Physical Therapy
Author : Frederick S. Dolor, PTRP
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OBJECTIVES OF THE STUDY :

A. GENERAL:

This study aimed to determine the relationship of the caretaker's level of support and knowledge of the stroke patient's home exercise program with the patient's functional status in selected hospitals in Cavite as a basis for planning curriculum content of Seminar in Physical Therapy.



B. SPECIFIC:

1. To determine the profile of the caretakers in terms of sex, age and academic achievement;
2. To determine the level of knowledge of the caretaker regarding the patient's home exercise program;
3. To determine the level of function of stroke patients involved in the study in terms of activities of daily living;
4. To determine the level of support given by the caretaker to the stroke patient in the performance of activities of daily living;
5. To determine if there are significant differences in the caretakers' level of knowledge of the patient's home exercise program when they are grouped according to sex, age, and academic achievement;
6. To determine if there are significant differences in the caretaker's level of support when they are grouped according to sex, age, and academic achievement;
7. To determine if there is a significant relationship in the caretakers' level of knowledge of the patient's home exercise program and the patient's functional status in terms of ability to perform daily living activities;



8. To determine if there is a significant relationship in the caretakers' level of support and the patient's functional status in terms of ability to perform daily living activities; and
9. To determine the inputs which could be contributed to the curriculum contents of "Seminar in Physical Therapy".

SCOPE AND COVERAGE:

This study was conducted in selected hospitals in Cavite, namely (a) Dr. Jose P Rizal Memorial Medical Research Hospital, (b) De La Salle University Medical Center, (c) St. Dominic Hospital, and (d) Andres Bonifacio Memorial Hospital. This study included 40 stroke patients admitted in the rehabilitation department on out patient basis in the selected hospitals in Cavite for the year 2000 - 2001. The stroke patients' caretakers were also included in this study.

METHODOLOGY:

The study made use of the descriptive-correlational method. It made use of an interview guide prepared by the researcher. The statistical methods applied were frequency, percentage, mean, one way ANOVA and t-test of independent means.

MAJOR FINDINGS:

1. The findings of this study revealed that 57.5% of the caretaker respondents were male and 42.5% were female. Fiftyfive percent



were in the age bracket of 44 years old and above, 22.5% were 39-43 years old, 10% were 29-33 years old, another 10% were 19-23 years old and 2.5% are 18 years and below. In terms of academic achievement, 32.5% were college graduates, 27.5% had highschool education, 17.5% had some college education, 15% finished vocational courses and 7.5% had elementary education.

2. The caretaker respondents had a mean knowledge of 60.31 regarding the stroke patient's home exercise program which is very satisfactory. However, they are heterogeneous in terms of this variable.
3. The mean level of function of stroke patient was 75.55 which is described as functional status that requires supervision. Findings indicated heterogeneity in terms of this level of function of the stroke patients involved in this study.
4. The caretakers had a mean level of support of 67.38 which is described as minimum support, however they show heterogeneity in in terms of this variable.
5. With a computed t-ratio of 1.58, the caretakers' level of knowledge of the stroke patient's home exercise program is not related to sex and with the computed F-ratio of .56, the caretakers' level of knowledge of the stroke patient's home exercise program is not



related age. In terms of the relationship between the academic achievement of the caretakers and their knowledge of the home exercise program of stroke patients, the computed F-ratio of 1.26 showed that the variables are not related.

6. There is no significant relationship between caretakers' level of support and sex as signified by a computed t-ratio of .25. The computed F-ratio of 2.35 showed that age is not related to the caretakers' level of support to the stroke patients. In terms of relationship between level of support and academic achievement, the computed F-ratio of 1.2 indicated no significant relationship between the two variables.
7. The computed F-ratio of .34 showed that there is no significant relationship between the caretakers' level of knowledge of the stroke patient's home exercise program and the level of function of the stroke patients.
8. This study showed highly significant relationship between the caretakers' level of support and the stroke patient's functional status. The results of Duncan Multiple Range test shows that significant differences between the variables exactly lie between the group of caretakers who gave moderate support and group of caretakers who gave maximum support as well as between the



group of caretakers who gave minimum and the group of caretakers who gave maximum support.

CONCLUSIONS:

Most of the caretakers were male, 44 years old and above and most of the respondents were college graduates.

The level of knowledge of the respondents regarding the stroke patient's home exercise program is very satisfactory regardless of sex, age and academic achievement

The caretakers' level of support is minimum and it is not related to sex, age and academic achievement.

The caretakers' level of knowledge of the stroke patient's home exercise program is not related to the functional status of the stroke patients involved in the study.

Finally, the level of support of the caretakers is highly related to the functional status of the stroke patients.

RECOMMENDATIONS:

1. Clinical supervisors and Physical Therapy students should train caretakers to implement the home exercise program of the stroke patients regardless of their sex, age and academic achievements.
2. With the findings that the caretakers have a very satisfactory knowledge regarding the stroke patient's home exercise program,



the manner by which the home exercise program was taught should be maintained.

3. Curriculum developers should include in the curriculum contents of Seminar in Physical Therapy the functional training activities in the home exercise program of stroke patients. Traditional home exercise program for stroke patients only include strengthening exercise, mobility and endurance exercise.
4. Replication of the same study may be conducted to determine the relationship of caretakers' level of support and home exercise program with other disabling illnesses and medical condition.
5. Study concerning the knowledge and practices of caregivers regarding the stroke patient's home exercise program should be conducted since this was not covered in this study.