



Other Abstracts

Nurse-initiative project: Family-Centered-Smarty-Program for Hospitalized Children After Abused Event

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Introduction:

Studies showed that the event of child abuse had profound effect and long-term consequences on the physical and psychosocial development of children. Even worse, it posed an immediate threat to the child. Abused children tended to suffer from generalized anxiety, loss of trust, depression, low self-esteem, shame, guilt or even suicidal thoughts. Usually, a suspected / abused child was hospitalized for safekeeping and medical check-up; and they waited till the expert solution from multidisciplinary professional meeting. This meeting however was taken place one or even two weeks after the disastrous event. However, an immediate advocate and assistance was paramount for the child and his family to solve threats and minimize long-term adverse consequences on the child.

Objective and Program Design:

An innovative Family-Centered-Smarty-Program had been specifically designed for this purpose since November 2007. The primary objective of the program was to help the affected child establishing their own self-esteem and in turn, building an appropriate behavior and improving relationship with his parents. Moreover, parenting and nurturing skills were also taught to the parents during their involvement. The target group was the children aged from 5 to 12; they were victimized by the impaired parenting capacity. A nurse was assigned to coordinate and schedule the child's activities in a healthy and disciplined lifestyle. Multidisciplinary professionals were involved in the motivating activities, through which the child was beneficial to regain the sense of trust, enhanced his self-esteem, rebuilt his self-image and rectified his behavioral problem.

Method and the Result:

Rosenberg self-esteem scale (RSE: mean 22.2, SD 4.3; the lower the marks, the higher the self-esteem) and Parent Adolescent Relationship 20 items version (PAR-20: score ranged from 0 to 20; higher score means poorer the relationship) were tools used to measure children's self-esteem and the relationship with their parents. Result was encouraging on those recruited twenty-five cases in the Smarty program since November 2007 till August 2008. The pre- and post- questionnaires scores (RSE & PAR-20) showed that there is a significant contrast on their self-esteem (RSE: Pre-intervention mean score was 26 whereas post-intervention mean score was 24); comparing pre- & post- intervention on the relationship with parent, the score also showed a good improvement (PAR-20: Pre-intervention mean score was 13 and post-intervention mean score was 10). Over 78% children willingly attended the program, and 98% of the parents appreciated the child's performance and expressed the intention to change attitudes towards their children's behaviors during the personal interview.

Conclusion:

In fact, hospital not only provides a safe environment and temporary shelter for abused children, but it is also a good transitional place to start an early therapeutic support and intervention for the children and the parents. Although this program is on pilot study, it is still working to seek the way in promoting healthy families and safe community environment for fully developing their potential in their lives.