



Enhancing Self-esteem In Pediatric Clients With Intellectual Disabilities

Nabeel M. Nizami, OTD/S

Community Site Mentor: Gene Hurwin OTR/L

West Coast University, Department of Occupational Therapy, Center For Graduate Studies



Description Of DCE Site

Big Fun located at New Hope Gymnastics, offers outpatient pediatric occupational therapy (OT) for children with intellectual and developmental disabilities

Mission Statement: “In this rich sensory environment, Big Fun targets increasing physical movement by creating treatment sessions involving motor planning, problem-solving, and active participation. Big Fun treatment sessions are unique and individualized as we utilize various proprioceptive activities such as swings, trampolines, balance beams, and obstacle courses to target individualized goals” (Big Fun, 2005)

Summary Of The Needs Assessment

- Utilized a mixed methods approach
- Provided a quantitative survey followed by interviews with parents

Three Needs Identified

- Educational handouts as a resource for parents
- Specialized individual treatment sessions for ASD clients
- Increasing the amount of group sessions

Evaluation And Implementation

- Mixed methods approach
- Provided close ended pre-survey week three
- Provided post-survey week 12, including qualitative response section
- Analyze raw quantitative data from post surveys
- Utilized thematic coding to analyze qualitative data provided from participants

Students Learning Objectives

- By the end of 14 weeks, the OT student will design a 10-week structured group therapy protocol
- By the end of 14 weeks, the OT student will create a resource library for parents to support carry-over in the natural environment
- By the end of 14 weeks, the OT student will have increased knowledge and expertise in pediatric occupational therapy

Project Description

Purpose: Develop a 10-week structured group protocol utilizing evidence-based articles that target physical activity to increase participation and self-esteem among clients

Learning Objectives:

- Create a 10-week structured group protocol
- Create an evidence based resource library
- Increase knowledge in pediatric OT

Participants: Six parent participants

Program Structure: Participants completed pre-/post-surveys based on the 10 week structured group protocol to assess confidence, motivation, and willingness in client participation

Protocol Duration: One hour based group sessions

Literature Review

- Structured group based play therapy:** Can promote problem-solving skills, confidence, and increase social communication within intellectually disabled clients (Elbeltagi et al., 2023; Gibson et al., 2021)
- Physical activity:** Provides positive effects which can reduce maladaptive behaviors, which in result can prevent social isolation (Ranieri, et al., 2023; Sefen et al., 2020)
- Group OT services:** Can prevent social isolation among our clients by preventing the development of impaired social and communication skills (Sefen et al., 2020)

Summary Of Deliverables

- 10 week structured group-protocol facilitated every saturday to address self-esteem and participation
 - One hour structured group sessions
 - Detailed instructions, purpose, and targeted skills
- Seven educational handouts providing detail on sensory integration including ways to address
 - Proprioception, tactile, vestibular

Acknowledgements

To Big Fun, thank you for your continuous support and guidance throughout my project. My time here has been incredibly valuable and insightful. I am truly grateful for the opportunity to advocate for OT services and create opportunities for clients to be more engaged and active during group sessions. To my classmates, thank you for the past two and a half years. I’m so thankful and grateful to have shared this journey with each of you.

References



Scholarly Deliverables



Project Outcomes

Quantitative Findings

Figure 1

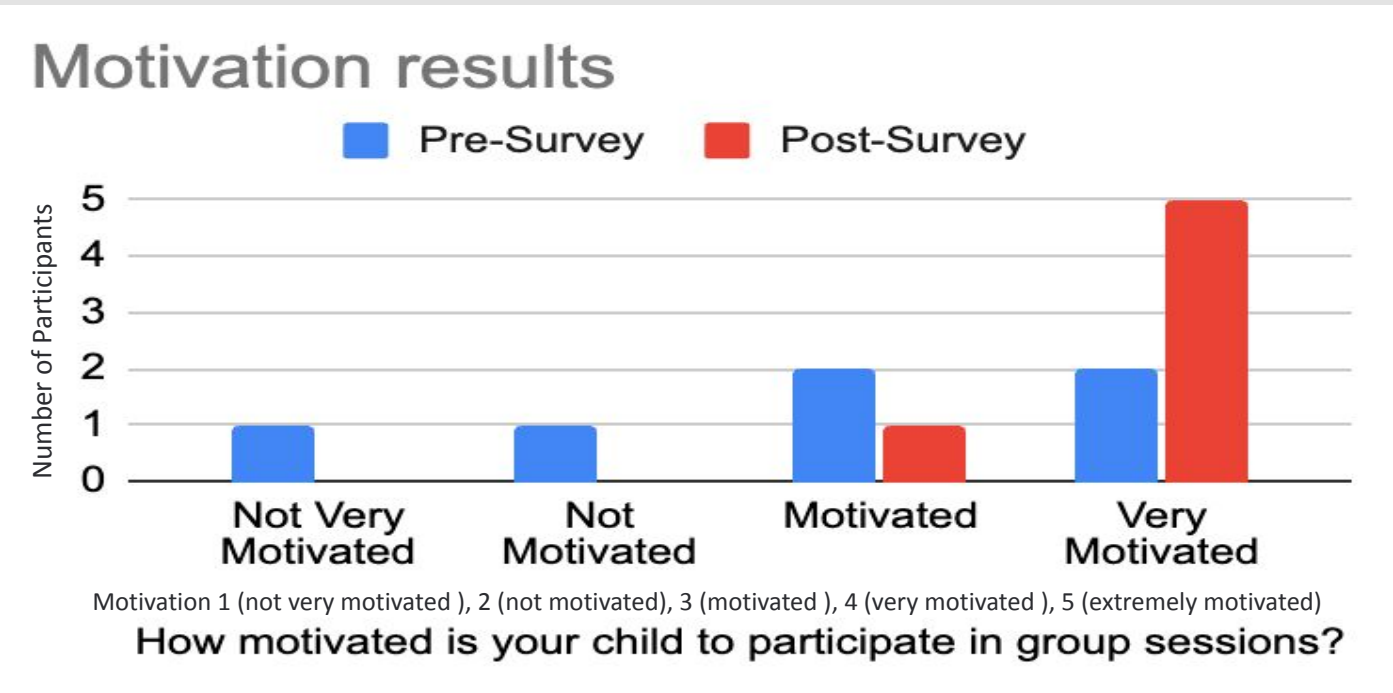
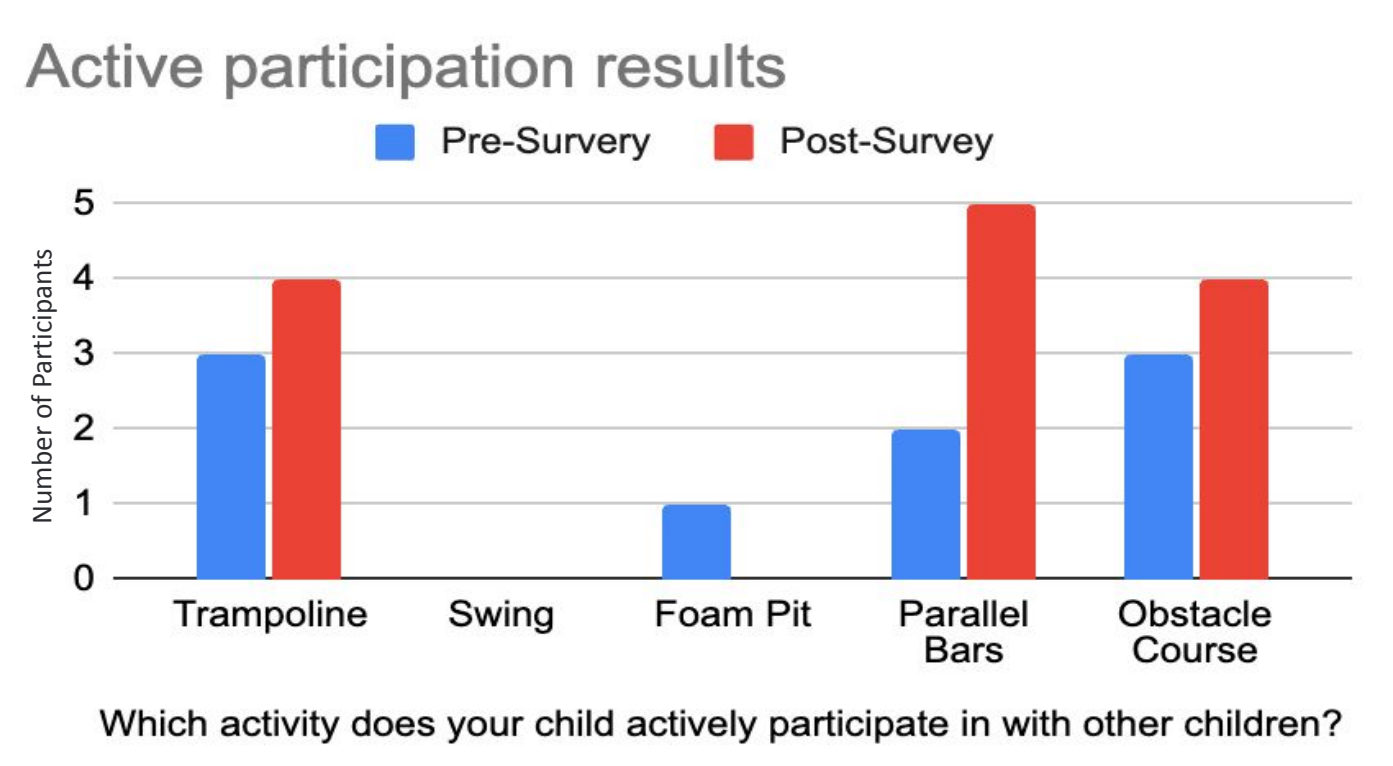


Figure 2



Pre- and Post-Survey Results

Statistically Significant improvements

- Increased motivation from all six participants
- Increased confidence from T-test results (3.3 to 4.1)
- Increased motivation from T-test results (3.3 to 4.3)
- Increased in autonomy resulting in an increase in participation

Qualitative Findings

Themes

Carry over into the real world vs clinic

“Increased social engagement and interaction skills while in group, and more engaged on the playground at the park”

Improved problem solving skills

“She is also able to complete the obstacle course faster than before, shes is now analyzing her path and making decisions based on the equipment she has in front of her, lastly her balance improved, she can do most of the course by her self almost!”

Improved confidence & motivation

“He is now able to do the parallel bars on his own without using the barrel, he also truly enjoys a difficult obstacle course, I can see that it challenges him which motivates him to complete it without touching the ground”

Limitations

- Limited sample size
- Session cancellations from parents
- No cancelation fees for sessions
- Limited OT’s on staff