

Research Assessment #9

Date: November 20th, 2020

Subject: “The effect of family-centered education on the quality of life of adolescents with spinal cord injuries”

MLA citation(s): Khanjari, Sedigheh, et al. “The Effect of Family-Centered Education on the Quality of Life of Adolescents with Spinal Cord Injuries.” *Journal of Family Medicine & Primary Care*, Wolters Kluwer India Pvt Ltd, Feb. 2019. EBSCOhost, <http://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=135055414>. Accessed 20 Nov. 2020.

Adolescence is a beautiful time, it is when the body is developing into an adult both mentally and physically, but it is astonishing how much one single decision can change their entire life. Spinal cord injuries are complicated and traumatic injuries that are very hard to treat and lead to multiple chronic diseases. The average age for injuries is 15 years old, most of them male. Usually, they occur within teens due to car crashes or sport related accidents, but this one incident can be the cause of chronic issues such as asthma, paraplegia, quadriplegia and also cause a compromised immune system, which can be very fatal. However, the underrepresented heroes behind a spinal cord injury patient in the family. Although the conflicts that victims face are in no way menial the mental trauma faced by the family and the siblings should also be acknowledged. According to “The effect of family-centered education on the quality of life of adolescents with spinal cord injuries”, most parents of adolescents with spinal cord injuries go through depression and anxiety and sometimes the siblings feel gaslighted as they have a hard time processing the emotions. Furthermore, the article highlights the benefits of conducting a family-centered education instead of an individual based education and explains some of the tests used to assess the quality of life afterward.

From the moment of an accident, the entire life of the patient and family change completely. They are overwhelmed with trauma and tough decisions concerning surgery,

financial status, professional stress, etc. To continue, after the patient is discharged from the hospital, nurses try to teach the parents about how to be caregivers and what to do in time of an emergency, but these instructions are hard to comprehend because the parents haven't had the time to digest the situation itself. Even though every parent loves their child dearly becoming a full-time caregiver is an impending task, most parents tend to take days off work just to care. Unfortunately, the rehabilitation and medical services for patients are also an expensive endeavor. Moreover, the article emphasizes that conducting treatment while including a family component within it can really help empower the patients and their households. Empowering the patients can help decrease non-compliance with treatment, reduce the cost and time for rehabilitation, and ensure the wellbeing of the family. Education can come in many different forms; it can be through a group support group to provide recovery experiences that include everyone in the family rather than just the patient.

This article was very important for my original work research as it gave me facts about how my work can make a difference. Until now, I had the information to put on my resourceful tool but with this review, I was able to look at my tool from a psychological perspective. As a biomedical engineer, it can be easy to focus only on the technical side and on the patient but it is important to look at the big picture and realize that those around the patient are also impacted by the accident. Therefore, in my original work website for spinal cord injury patients, I will try to include family-centered education information that can help them navigate the emotions they are feeling and have a better understanding of their situation. Especially during the COVID-19 pandemic, it can be difficult to know when to ask for help but with my interactive website to encourage them, they may feel empowered to continue to learn more about spinal cord injuries. Moving forward, I want to gain some first-hand footage of patients and their families about their journey and how they coped with their emotions, this can help provide a virtual community of support which can potentially replace support groups.

Annotations: <https://kami.app/tMs8eIg3fkHV>