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To Associate Post Traumatic Stress and Sociodemographic Variables among Children with Congenital Heart Disease

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Abstract

The Congenital heart disease -CHD has come to be regarded as a chronic rather than terminal disease owing to dramatic advances in its medico surgical management paving the emerging recognition of post traumatic stress among children with Congenital Heart disease. The children with CHD experience stress so called unexplainable emotion reflecting in behavior modification and the improvement outcomes depends upon on how they cope Post Trauma. Post Traumatic Stress (intrusive memories, avoidance, and distress) is a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock.

This study analyses the association of socio-demographic factors and Post Traumatic Stress problems of pediatrics with congenital Heart disease. The study was carried out in 75 samples under treatment for Congenital Heart disease in MMM hospital between age group 1 to 8 years. The samples were selected through convenient sampling technique. The Tool used for data collection and assessment of Post traumatic stress level is a Semi structured questionnaire which includes :Demographic details-: Socio demographic profile(age, gender, financial status, Family Background) and .Post traumatic stress scale-Manual for the Administration and Scoring of the PTSD(Post Traumatic stress disorder) Symptom Scale – Interview for DSM-5 (PSS-I-5).PTSD (Post Traumatic stress disorder) was significantly observed in all the respondents' with Congenital Heart disease but there was no significant association between Post Traumatic Stress problems and Socio demographic variables. The preliminary study concludes that irrespective of association of socio demographic variables there exists post traumatic stress among children who suffer from congenital heart disease.

Keywords*:* Chronic illness, Post traumatic stress, Adolescence. Socio demographic Variables

Introduction:

Chronic diseases are long-term medical conditions that are generally progressive. These disorder or disease compromise physical well-being, either temporarily or chronically. . Epidemiological studies have shown that about 35% of children and adolescents, on average, suffering from chronic health condition likely to suffer from Post Traumatic Stress. The consequences of chronic illness leading Post traumatic Stress may affect the well being of the person in turn affecting the family as a whole. This study associates socio demographic variables and Post traumatic stress faced by Children suffering from chronic illness. Posttraumatic stress disorder (PTSD) is a common reaction to traumatic events such as assault, disaster or severe accidents. The symptoms include repeated and unwanted re-experiencing of the event, hyper arousal, emotional numbing and avoidance of stimuli (including thoughts) which could serve as reminders for the event. A sizeable proportion recover in the next few weeks or months, but in a significant group these symptoms persist, often for years PTSD are considerably stable in all types of traumas. Such as, Experiencing or witnessing a stressful event; Re-experiencing symptoms of the event that include nightmares and (or) flashbacks; Efforts to avoid situations, places, and people that are reminders of the traumatic event; and Hyper-arousal symptoms, such as irritability, concentration problems, and sleep disturbances. The Symptoms of Post Traumatic stress includes Intrusive memories-Recurrent, unwanted distressing memories of the event, Avoidance-Trying to avoid thinking or talking about the event, Negative changes in thinking and mood, Changes in emotional reactions and The intensity of symptoms can vary in intensity over time.

Aim: This study analyses the association of socio-demographic factors and Post Traumatic stress among children with Congenital Heart Disease.

Objectivity of the study:

1.To study the association of socio-demographic factors and Post Traumatic stress among children with Congenital Heart Disease .

2.To identify significant or non significant demographic factors influencing the Post Traumatic stress among children with Congenital Heart Disease .

Procedure:

Children educated about the nature and procedure of the study. The children were enrolled in the study after obtaining parental consent .The study was conducted among 75children suffering from Congenital Heart Disease. The tool used for data collection was segregated into two sections **Section A**: Socio demographic profile (age, gender, financial status, Family Background)and **Section B**: Post traumatic stress scale- Manual for the Administration and Scoring of the PTSD Symptom Scale – Interview for DSM-5 (PSS-I-5)

Research methodology

The population, sample and sampling

The population of this research is Children with Congenital Heart Disease of age group 1 to 8. For sampling the sample size was selected by convenient sampling.

Research Tools

The questionnaire used in this study is Section **A**: Socio demographic profile (age, gender, financial status, Family Background) and **Section B**: Post traumatic stress scale- Manual for the Administration and Scoring of the PTSD Symptom Scale – Interview for DSM-5 (PSS-I-5)

Analysis: The data was analyzed using Statistical Package for Social Sciences (SPSS) and percentage analysis

TABLE 1:POST TRAUMATIC STRESS LEVEL OF THE RESPONDENTS

Variable	**Mean Level**
Re-Experiencing Symptoms	**13.61**
Avoidance	**6.04**
Changes in Cognition and Mood	**18.64**
Increased arousal and reactivity	**16.83**

Table 1 reveals the post traumatic stress level of the respondent. The mean value of the category changes in cognition and mood is relatively high than others with 18.64. Followed by the category increased arousal and reactivity with mean value of 16.83. the category of re-experiencing symptoms showed the mean value of 13.61 and the category of avoidance showed the least stress level 6.04.

TABLE 2: TOTAL DISTRIBUTION OF POST TRAUMATIC STRESS LEVEL OF THE RESPONDENTS

Variable	Frequency	Percentage
Mild	6	8.0
Moderate	32	42.7
Severe	37	49.3
Total	75	100.0

Table 2 shows the distribution of post traumatic stress level of the respondents. Nearly half of the respondents(49.3%) were falling under severe post traumatic stress, whereas (42.7%) of the respondents were found to be under moderate post traumatic stress and finally only (8%) of the respondents were found to be in mild post traumatic stress level.

TABLE:3 ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND POST TRAUMATIC STRESS

Demographic Variable	Mild	Moderate	Severe	P Value
Gender				
Male	4(8.7%)	19(41.3%)	23(50%)	0.935
Female	2(6.9%)	13(44.8%)	14(48.3%)	
Family background				
Nuclear	5(10%)	20(40%)	25(50%)	
Joint	1(4%)	12(48%)	12(48%)	0.602
Financial Status				
Upper Class	3(13.04%)	9(39.14%)	11(47.82%)	
Upper Middle class	3(7.9%)	18(47.36%)	17(44.74%)	
Middle class	-	3(100%)	-	0.242
Lower middle Class	-	-	2(100%)	
Lower class	-	2(22.22%)	7(77.78%)	
Age				
2-3	1(4.8%)	9(42.9%)	11(52.4%)	
4-5	5(16.1%)	15(48.4%)	11(35.5%)	
6-7	-	7(41.2%)	10(58.8%)	0.183
8	-	1(16.7%)	5(83.3%)	

P<0.05; statistically significant

Table 3 shows no significant association between post traumatic stress level and demographic variables such as age, gender, financial status, Family Background

Discussion

According to UNICEf ,"Childhood is defines as the time for children to be in school and at play, to grow strong and confident with the love and encouragement of their family and an extended community of caring adults. It is a precious time in which children should live free from fear, safe from violence and protected from abuse and exploitation. As such, childhood means much more than just the space between birth and the attainment of adulthood. It refers to the state and condition of a child's life, to the quality of those years. During these years, child hood are more open to 'trying on' different behaviors and appearances to discover who they are. In this stage a child suffering from a chronic illness such as Congenital Heart disease tends to undergo a lot of psychological trauma which leads miserable disturbances in child of similar age of similar age. Since children and family members suffering from chronic diseases like congenital heart disease needs more of resilience to cope up . There exist a pattern of

development of stress which develops invisible and develops into a serious problem later. The assessment of Post traumatic stress post trauma and assessing the relational significance can lead to diagnosis of early symptoms and pave a way for multi treatment approach In general the study describes the level of Post traumatic stress among children with congenital heart disease

Limitation

This study was conducted on a smaller group of children with few mentioned chronic conditions.

Conclusion

The preliminary study about post traumatic stress was found to be high in children with congenital heart disease irrespective of all socio demographic variables .This particularly emphasizes on multidimensional assessment and treatment. Irrespective of no significant difference marked difference between congenital heart disease and socio demographic variables, they require the same pattern of continuing care to decrease the consequences of post traumatic stress among pediatrics.

Practical Suggestions

It helps to understand psychosocial consequences of congenital heart disease providing valuable information for clinicians regarding who should be screened for what kind of problems and the need for preventing these problems as part of an integrated treatment

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