

**MANAGING SELF-CARE ACTIVITIES DURING
FLOOD: AN EXPLORATORY STUDY ON PEOPLE
WITH COMPLETE PARAPLEGIA**

By

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Abstract

Title: Managing self-care activities during flood: An exploratory study on people with complete paraplegia.

Aim of the study: To explore the performance of self-care activities for the people with complete paraplegia during flood.

Study design: Qualitative study design was selected to explore the performance of self-care activities for the people with complete paraplegia during flood. Semi structured face to face interview was conducted to collect the data.

Samples: Convenience sampling method was chosen to select the participants. Seven participants who met the selection criteria: people with complete paraplegia, wheelchair user and are independent in wheelchair management, completed CRP rehabilitation program live in community and affected by the flood-2004.

Setting: Participants house in the community.

Result: From the in-depth analysis of data four major themes were arise. These were- 1) Changes in normal routine caused by flood. 2) Physical problems caused by flood. 3) Psychosocial problems caused by flood. 4) Coping strategies during the time of flood.

Key words: Spinal cord injury, complete paraplegia, flood and self-care activity.