

**CHALLENGES FOR CARER OF COMPLETE  
TETRAPLEGIC PATIENT: MANAGING  
ACTIVITIES OF DAILY LIVING IN THE  
COMMUNITY**

**By**  
**Mohammad Nazmul Hassan**  
4<sup>th</sup> year, B.Sc. (Honors) in Occupational Therapy  
**University of Dhaka**

**BANGLADESH HEALTH PROFESSIONS INSTITUTE (BHPI)**  
*(The Academic Institute of CRP)*  
**CRP, Savar, Dhaka- 1343**  
**Bangladesh**

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## ABSTRACT

**Title:** Challenges for carer of complete tetraplegic patient: managing Activities of Daily Living in the community.

**Aim of the study:** To explore the challenging experiences of carers of patients with tetraplegia (complete) in managing their activities of daily living (ADLs) in the community.

**Objectives of the study:**

- To identify the ADLs performed by carers of patients with tetraplegia (complete).
- To find out the possible barriers or difficulties experienced by carers in performing activities of daily living (ADL) with their patients in the community.
- To explore carers ideas on how barriers or difficulties in managing ADLs in the community can be solved.
- To explore the carers experience of performing ADLs with their patient who is tetraplegia (complete).

**Study Design:** The study was an explorative type of qualitative study through a semi-structured face-to face- interview.

**Setting:** Community setting (Participants house).

**Sample:** The study was conducted with seven carers of patients with tetraplegia (complete) were selected by convenient sampling.

**Results:** From the in depth analysis of the data six categories were produced. These were- i) Participants understanding of Activities of Daily Living (ADLs), ii) Participants training in ADLs, iii) ADLs managed by the participants in their home environments, iv) The importance of ADLs for patients with complete tetraplegia, v) Challenges faced by participants in managing ADLs in the home environment, vi) Participants suggestions for improving ADLs.

**Recommendation and Conclusion:** It is suggested that patients and carers are the integral part of the occupational therapy practice. The finding of the study indicate that the carers of the patients with complete tetraplegia were facing varieties of experienced and faced difficulties while managing their patients ADLs in home environment. So, it can be concluded that to overcome such difficulties among the carers of patients with complete tetraplegia needs to be acknowledged and help them acquire more constructive community living while performing ADLs, there is a need for Occupational therapy service.

**Key words:** Carer of complete tetraplgic patient, Activities of daily Living (ADL), Community.