

**PRIORITY OF INDEPENDENCE IN SELF
CARE ACTIVITIES FOR MENTAL
ILLNESS PATIENTS: CARE
GIVER'S PERCEPTION**

By

Md. Zia Uddin Maruf
4th year, B.Sc. (Honors) in Occupational Therapy
University of Dhaka

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

March, 2007

ABSTRACT

Title: “Priority of independence in self care activities for mental illness patients: Care giver’s perception.”

Purpose of study:

The purpose of study to explore the care givers experiences about what activities (self care) are priority for independence in self care.

Objectives of the study:

1. To identify the self care activities to perform by caregiver of clients with mental illness.
2. To find out important activities of self care according to care giving experiences.
3. To find out the possible difficulties experienced by caregiver in performing of self care activities.

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

Setting: The study was conduct at National Institute of Mental Health (NIMH), Dhaka, Bangladesh.

Sample: Convenience sampling was selected to conduct interview. Six participants were selected who are met the selection criteria of the study.

Results: From the in depth analysis of the data six themes were emerged. It was found as a theme that participants are knowledgeable about self care activity. Despite these it was also found that care givers perceive self care activity is important to lead clients’ life. Participants are prioritized the activities which are difficult to manage in care giving period. This study finds out six themes which are show below:

1. Participants have knowledge about self care activity.

2. Clients need caregivers support to perform self care activity.

3. Care givers faced difficult during to manage clients' self care activities.

4. Needs health professional help to manage clients self care activity.

5. Participants opinion about priority of important activity for client independence in self care.

6. If client could perform important self care activity independently, it would be beneficial for both clients and care givers.

Recommendation and Conclusion: From the result, it can be realized that all of the participants well understand about self care. Participants are prioritized the activity which are most important to live a person. So needs to consider that issues when health professional (Occupational therapist) who are provide treatment for patients' rehabilitation.

Key words: Mental illness, Self care activity, Care givers' perception