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Rubrik

Lived experience among parents of physical activity, enabled through a novel dynamic standing device for children with CP

Medförfattare:

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Abstract

Bakgrund och syfte (600 tecken)

Introduction: Children with cerebral palsy who are nonambulant face challenges in finding physical activities. Dynamic standing exercise in a novel motorized assistive device (Innowalk, Norway) has shown positive effects for nonambulant children including being a physical activity. As children with severe impairments need support for physical activity, the aim of this study was to explore the lived experience of physical activity for parents themselves and for their children who are nonambulant.

Metod (600 tecken)

Patients and Methods: Eleven parents to children, who participated in a study on exercise effects from dynamic standing for nonambulant children with cerebral palsy, participated in interviews. A descriptive inductive design with a hermeneutic phenomenological approach was used for the analysis.

Resultat (600 tecken)

Results: The parents experienced being physically active as important but difficult, especially for their child, as described in theme 1 "Being aware of health benefits while struggling with family time". The child was perceived as being dependent on people, environment, and equipment for participating in physical activity, referring to theme 2 "Being dependent". Getting the opportunity for their child to become physically active on regular basis through an assistive device meant hope for a better life, which formed theme 3 "Getting hope in a hopeless life situation".

Konklusion (600 tecken)

Conclusion: The right people, environment and assistive devices are crucial for getting a better life through regular physical activity. When these different variables function well, the parents experience hope for the future. Relevance for users and families: Being physically active on regular basis through support of people, environment and an assistive device enabling tailored exercise implies many health benefits for nonambulant children throughout the life span.