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## A Study to Assess the Health Related Quality of Life of Caregivers and Adolescents with Idiopathic Epilepsy

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**Introduction:** India is home to large numbers of individuals with epilepsy. The annual incidence of epilepsy in India is approximately 40-50 per 100, 000 per year. Epilepsy onset after the age of 10 years is associated with lower HRQOL. Seizure frequency is a significant inverse predictor of HRQL.

**Purpose of the paper:** The purpose of the study is to assess the health related Quality of life of care givers and adolescents with idiopathic epilepsy and self-reported care givers strain among care givers of adolescents with idiopathic epilepsy.

**Methods and procedures:** A Quantitative descriptive exploratory survey research design was adopted. The study was carried out in Epicentre, Kauvery hospital, Chennai. 12-19 years old adolescents with idiopathic epilepsy and their primary care givers were the samples. Purposive sampling technique was used to select 274 samples. WHO BREF HRQOL tool was used to assess the quality of life of care givers. The Modified Caregiver Strain Index (MCSI) was used to screen for caregiver strain. Quality of life in epilepsy for adolescents- QOLIE- AD- 48 (Version- 1) was used to assess the quality of life of adolescents. Ethical approval was obtained from the data collection setting. Descriptive and Inferential statistics were used to analyze the data.

**Results / Expected Outcomes:** Poor health related quality of life of adolescents is seen in general health, physical illness, emotional problems, mental activities in school, work, living practices, language problems and support from friends and family members. Also poor HRQOL was associated with epilepsy medications, side effects of anti-epileptic drugs, feeling about oneself and attitude towards epilepsy. HRQOL was found to be poor in males and first born adolescents. Moderate HRQOL is seen married care givers. Poor HRQOL is seen in care givers living in semi urban region, living in nuclear family, having more than two children, having more than 4 family members, care givers with chronic illness, who were unemployed, and having poor economic status.

**Conclusion:** Adolescent centered epilepsy management programme was initiated on completion of the study to improve the health related quality of life of care givers and adolescents with Idiopathic epilepsy.

### Biography:

Judie Arulappan is an assistant professor in the department of Maternal and Child health at Sultan Qaboos University, Oman.