Can Evidence Based Occupational Therapy Practices Enhance the Development of Children Born to Young Mothers

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Introduction

Children of young mothers (age <21) may have significant developmental delays compared to children of older mothers due to young mothers having lower education, lower socioeconomic status, and the child’s increased likelihood of low birth rate (Mollborn & Dennis, 2012). These children often progress below average compared to their peers through adolescence. Occupational therapy has proven to be beneficial in closing the gap between developmental delays and behavioral issues (AOTA, 2018).

Method

A systematic review of the research was conducted through online databases including OTseeker, AOTA, and PubMed.

Criteria: evidence based occupational therapy studies- evidence-based practice is described as integration of critically appraised research results with the clinical expertise, and the clients’ preferences, beliefs, and values (AOTA, 2018).

Additional Criteria: include children with a condition affecting development ages birth-12 years of age, published in English from 2005 to 2018, and focus on occupational therapy interventions to improve the condition that affected development.

8 articles met the criteria for this review.

Results

- The evidence shows Occupational Therapy services do enhance the development of children birth-12 years of age with developmental delays.
- Occupational Therapy has positive effects in children with developmental delays using frames of reference including; Sensory/Motor Assessments, Touch Based Intervention, Sensory Integration, Early Intervention, and School Based Practice (AOTA, 2018).
- If children do not receive OT services to address their developmental delay issues they are at risk of the condition worsening and developing additional problems throughout their lives.

Limitations

- In the NICU, further research needs to be conducted examining exposure to sensory stimuli paired with total days spent in the NICU to see if sensory development is affected.
- Sensory processing should be researched in preterm infants to determine short term and long term impact to language, motor, emotional, and cognitive development (Celik, Elbasan, Gucuyener, Kayihan & Huri, 2018).
- Additionally, research should explore the correlation of young mother’s children with developmental delays. Research did not include specific information regarding race and ethnicity therefore, the data cannot be examined accurately in regard to diversity.

Conclusion

- Occupational Therapy has positive effects in children with developmental delays using frames of reference including; Sensory/Motor Assessments, Touch Based Intervention, Sensory Integration, Early Intervention, and School Based Practice (AOTA, 2018).

References


