

Feasibility and impact of incorporating WHO Caregiver Skills Training Module in Pediatric Postgraduate Curriculum

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Early intensive behavioral interventions help in improving outcomes for autism spectrum disorder (ASD). However, the present Pediatric Postgraduate Curriculum (PPG) curriculum in India does not equip pediatricians to deal with the rising prevalence of ASD. The Caregiver Skills Training (CST) module developed by WHO constitutes basic constructs of behavior therapy currently recommended for management of ASD children. The module equips PPG in skills required for counselling and coaching parents and ensure that PPG is trained to manage children with developmental delays, particularly ASD. The objectives of the study were to assess the feasibility of incorporating the CST module in the PPG curriculum and its impact in improving caregiver-child interaction when the CST module is administered by the PPGs. Methodology: A Quasi-experimental pre-post design was used involving ten PPGs as facilitators (purposive sampling) and Ten caregivers (consecutively) of ASD children. Firstly, PPGs received training in CST module as facilitators. Onsite CST sessions for caregivers of ASD children were conducted by PPGs. Feasibility measures studied are acceptability and practicality; adaptability; PPG knowledge and skills. Impact measures were Caregivers skills; Short term impact on shared attention and caregiver-child interaction. Findings: The PPGs attendance in the CST facilitator training sessions ranged from 85% to 97%. Factors affecting included busy duties, presentation in regular teaching activities and thesis work. Strategic enablers included objective improvement in PPG knowledge & skills in pre/ post-tests & certificate of completion. Faculty perceived the structure of training well adaptable in existing PPG curriculum. 86 % caregivers reported improvement in confidence required to promote shared engagement & communication in ASD children. 75 % reported improvement in play level 43% expressed improvement in language level of ASD children. Conclusions: Inclusion of CST module in PPG curriculum facilitates dissemination in the community thus empowering caregivers and improving outcomes in children with ASD.

Biography

Dr Urmila Dahake (Chauhan) has completed her MD in Pediatrics at the age of 26 years from University of Mumbai; Postgraduate Diploma in Developmental Neurology from Kerala University; Masters in Counselling Psychology from Indira Gandhi National Open University, India. She is Additional Professor in Pediatrics and Incharge Developmental Pediatrics at All India Institute of Medical Sciences, Nagpur, MH, India. She has published more than 20 papers in reputed journals.

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