THE EFFECT OF DEVELOPMENTAL ACTIVITIES, EMBEDDED INTO PARENT’S ACTIVITIES OF DAILY LIVING, ON SUPINE SLEEPING INFANT MILESTONE DEVELOPMENT

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A research report submitted to the Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, in partial fulfilment of the requirements of the Master of Science Degree in Occupational Therapy.

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DECLARATION

I declare that this dissertation is my own work. It is being submitted for the degree of Masters of Science in Occupational Therapy at the University of the Witwatersrand, Johannesburg. It has not been submitted before for any degree or examination at this or any other University.

Beverley Hewson

__________________________, _______day of ______________________ 2011
ABSTRACT

Therapeutic intervention should take humans’ daily routines into account or it is unlikely to be assimilated into everyday practice. This is particularly true for the mothers of young children. The purpose of this study was to examine the effect of a prone postural control programme, by inserting infant stimulation activities into the activities of daily living of mothers.

30 mother-infant dyads were randomly assigned at eight weeks postpartum, to an intervention or usual care group. Following a four month period in which the intervention group followed a prone activity programme developed by the researcher, the infants were reassessed. The Peabody Developmental Motor Scales (2nd Ed) were used to evaluate the programme’s efficacy and the results demonstrate a significant difference (p≤0.00) in the total motor development between the two groups post intervention. Thus a ‘prone playing’ programme given to mitigate developmental delay associated with supine sleeping, was successful when embedded into the mother’s daily routine.
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# TABLE OF CONTENTS

| DECLARATION | ................................................................. | ii |
| ABSTRACT     | ........................................................................... | iii |
| ACKNOWLEDGEMENTS | ...................................................................... | iv |
| TABLE OF CONTENTS | ........................................................................ | v |
| LIST OF TABLES | .......................................................................... | viii |
| LIST OF FIGURES | .............................................................................. | ix |
| LIST OF APPENDICES | ......................................................................... | x |
| DEFINITIONS OF TERMS: | ........................................................................ | xi |
| ABBREVIATIONS: | ............................................................................. | xiii |

## CHAPTER 1 INTRODUCTION ................................................................. 1

1.1 Background to the Study ................................................................. 2

1.2 Statement of the Problem ................................................................. 5

1.3 Purpose of the Study ........................................................................ 5

1.4 Justification for the Study ................................................................. 6

1.5 Aims of the Study ............................................................................ 7

1.6 Objectives of the Study ................................................................. 7

1.7 Null Hypothesis ............................................................................. 8

## CHAPTER 2 LITERATURE REVIEW ............................................................. 9

2.1 The Occupation of Mothering ............................................................ 10

2.2 Back to Sleep .................................................................................. 16

2.3 Occupationally embedded exercise .................................................. 33

2.4 Programme Development ................................................................ 36

## CHAPTER 3 PROGRAMME DEVELOPMENT AND RESEARCH METHODOLOGY ................................................................. 45
### Part A: Programme Development

1. **Programme design**
2. **Postural Control Programme Validation**
3. **Photo sheets**

### Part B: Research Methodology

1. **Study design**
2. **Study Population and Sample Selection**
3. **Ethics**
4. **Research Procedure**
5. **Outcome Measures**
6. **Method of Data Collection**
7. **Data processing methods and Data analysis**

### CHAPTER 4 RESULTS

1. **Population Sample**
2. **Sample Demographics**
3. **Assessment results**
4. **Analysis of diary pages**
5. **Null hypothesis**
6. **Summary of results**

### CHAPTER 5 DISCUSSION

1. **Demographics**
2. **Development of the IPCP**
3. **Implementation of the IPCP**
4. **The effectiveness of the IPCP**
5.5 Assessing the success of embedding the IPCP into the mother’s Activities of Daily Living .................................................. 101

5.6 Summary ............................................................................. 102

CHAPTER 6 CONCLUSION .......................................................... 104

6.1 Recommendations ............................................................... 106

LIST OF REFERENCES: ............................................................. 108

APPENDICES ............................................................................ 124
Table 4.1: Demographic Data for the Intervention & Usual care Groups ................................................................. 74
Table 4.2: Positioning and parenting data regarding sleep behaviour and primary caregiver for Intervention and Usual care Groups ....... 75
Table 4.3: Comparison of mean values for the PDMS-2 at Baseline and Follow-up assessment results by group and within groups ....... 77
Table 4.4 Comparison of mean values for the PDMS-2 at Baseline and Follow-up assessment results by group and within groups ............ 78
Table 4.5: Annotation of the complete sets of diary pages returned for the Intervention and Usual care groups ................................. 81
LIST OF FIGURES

Figure 3.1 Flow diagram indicating the process of the study, indicating Part A (green) and Part B (blue) ........................................ 46
Figure 3.2 Pushing up on arms and reaching in natural play ........... 51
Figure 3.3 Snapshot of PDF file, Photo sheet page 1 ...................... 51
Figure 3.4 Initial facilitated sitting ............................................... 54
Figure 3.5 Corrected facilitated sitting ........................................... 54
Figure 3.6 Rejected Position .......................................................... 55
Figure 4.1 Comparative graph for the diary set 1 (9 – 12 weeks) for infants in the usual care and intervention groups, expressed in hours. .......................................................................................... 83
Figure 4.2 Comparative graph for diary sets 2 and 3 (13 - 20 weeks) for the usual care and intervention groups, with times expressed in hours. .......................................................................................... 84
Figure 4.3 Activity profile for diary set 4 and 5 (21 - 28 weeks) for the intervention group. ................................................................. 85
LIST OF APPENDICES

A: Brainstormed activities and those modified in Pilot study 1.... 125
B1: Photo-sheets for age band 2 – 3 months, page 1 ................. 149
B2: Photo-sheets for age band 2 – 3 months, page 2 ................. 150
C1: Photo-sheets for age band 3 – 4 months, page 1 .................. 151
C2: Photo-sheets for age band 3 – 4 months, page 2 .................. 152
D1: Photo-sheets for age band 4 – 5 months, page 1 .................. 153
D2: Photo-sheets for age band 4 – 5 months, page 2 .................. 154
E1: Photo-sheets for age band 5 – 6 months, page 1 .................. 155
E2: Photo-sheets for age band 5 – 6 months, page 2 .................. 156
F1: Photo-sheets for age band over 6 months, page 1 .................. 157
F2: Photo-sheets for age band over 6 months, page 2 .................. 158
G: Information page and consent form: Nursing sisters........... 159
H: Information page and consent form: Usual care group........... 162
I: Information page and consent form: Intervention group ...... 165
J: Plagiarism declaration and Ethical clearance certificate ........... 168
K: Biographical Questionnaire for all parents ......................... 170
L: Training manual for Nursing sisters (2 – 3 months)............. 172
M: Copyright agreement for Baby’s Day Diary©...................... 177
P: Training instructions for the Baby’s Day Diary© ................. 180
Q: Data graphs of standard scores and quotients for PDMS-2 results, per infant................................................. 182
DEFINITIONS OF TERMS:

- **Activities of Daily Living** – “are tasks of self-maintenance, mobility, communication, home management and community living that enable an individual to achieve personal independence.”¹ p 463 For the purpose of this study, the activities of daily living pertaining to mothering include, but are not restricted to, baby care, home management and those work, leisure, social and personal management tasks which may have been applicable prior to the infant’s birth.

- **Occupationally-embedded exercise** – are exercises that are inserted/incorporated in everyday tasks that are occupationally appropriate for the individual and provide meaning and motivation other than the achievement of exercise,² such that the “exercise occurs as a byproduct of pursuing task-specific goals.”³ p 27

- **Sleep position** - The position in which parents place their infants to sleep during the day and night.⁴ This may include prone, supine or side-lying positions, or a combination thereof.⁵

- **Sudden Infant Death Syndrome** – “The sudden death of an infant under one year of age, which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene and review of the clinical history.”⁶ p 681

- **Programme development** - “Creating and evaluating an approach to service delivery for a defined client group.”⁷ p 491

- **Mechanism of change** - “Theoretically and empirically accounting for how a particular change occurs as a consequence of participating in an intervention.”⁷ p 493
• **Tummy time** – is a conversational term, used to explain to parents the prone positioning of an infant when they are awake, but supervised, to encourage development of muscles of the head and neck and shoulders. ⁸, ⁹
ABBREVIATIONS:

AAP: American Academy of Pediatrics
ADL: Activities of Daily Living
AIMS: Alberta Infant Motor Scale
AP: Activity Profiles
BTS: “Back to Sleep”
FMQ: Fine Motor Quotient
GMQ: Gross Motor Quotient
IPCP: Infant Postural Control Programme
PDMS-2: Peabody Developmental Motor Scales – 2nd Editions
SIDS: Sudden Infant Death Syndrome
TMQ: Total Motor Quotient