**Variables Related to Parent Perception of Wellness Management**

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**ABSTRACT**

Discipline, toilet training, development, and behavioral modification have been shown as issues that parents feel are not adequately addressed by the pediatrician (Combs-Orme, T., Holden, N. B., & Herrod, H. G., 2011). Research has also demonstrated that skill building (Mortensen, J. A., & Mastergeorge, A. M., 2014), nutrition, sleep (Combs-Orme, T., Holden, N. B., & Herrod, H. G., 2011, Scholer, S. J., Hudnut-Beumler, J., Mukherjee, A., & Dietrich, M. S., 2015), social emotional learning (Combs-Orme, T., Holden, N. B., & Herrod, H. G., 2011), and connection with medical providers (Mortensen, J. A., & Mastergeorge, A. M., 2014), are essential to appropriate brain growth and development in children. Examining the relationship between different demographic variables and a parent’s perception of managing their child’s health and wellness was examined. Across 6 clinic days, upon signing in at the Pediatrician, every patient with a pediatrician visit was given the opportunity to complete the survey to evaluate the need for a possible parent training program. The data was de-identified and entered into an excel sheet for evaluation of the program.

The existing shelf data was analyzed using SPSS.

**RESULTS**

After viewing the demographic data, it was clear that there were 2 distinct groups: those that were concerned about managing their child’s health and wellness and those who weren’t concerned.

2 distinct groups: caregivers that were concerned about managing their child’s health and wellness (n=26) and those who weren’t concerned (n=29).

- **Age of Child**
  - 0-2 yrs. old: 22
  - 3-5 yrs. old: 12
  - 6-10 yrs. old: 18
  - 11-12 yrs. old: 4
  - 13+ yrs. old: 14

- **Gender of Child**
  - Male: 34
  - Female: 33

- **Age of Caregiver**
  - 14 yrs. old or below: 1
  - 15-18 yrs. old: 0
  - 19-23 yrs. old: 6
  - 24-34 yrs. old: 26
  - 35+ yrs. old: 20

- **Gender of Caregiver**
  - Male: 16
  - Female: 45

Most caregivers did not feel overwhelmed or uncomfortable when communicating with their pediatrician (n=29).

Most caregivers felt that they had access to resources to help teach about what foods are important to their child’s growth and development (n=29).

The group of caregivers that were concerned about managing their child’s health and wellness

- Was older and had older children
- Felt more overwhelmed about managing their child’s behavioral/mental health.
- Felt overwhelmed about managing their child’s nutritional requirements.

**MATERIALS & METHODS**

- Patients at a Pediatric Facility in Philadelphia, PA were asked to complete an anonymous survey during their regularly scheduled visit on 6 separate occasions.
- Every patient was given the opportunity to complete the survey to evaluate the need for a possible parent training program. The data was de-identified and entered into an excel sheet for evaluation of the program.
- The existing shelf data was analyzed using SPSS.
- Ran t-tests to compare various demographic data categories with 2 distinct groups: those concerned with managing their child’s health and wellness and those not concerned.
- Parental perceptions of topics including: how the parent is managing health and wellness, behavioral and mental health, their access to resources, nutritional health, communication with their pediatrician, and day to day issues with raising young children were analyzed.

**OBJECTIVES & OUTCOMES**

- To provide a knowledge base for future research into specific topics regarding parental perspectives of managing their child’s health and wellness. Such topics could include mental health, nutrition, discipline, and communication with the pediatrician.
- To examine these relationships so that pediatricians can more effectively address parental concerns regarding management of their child’s health and wellness. Such topics could include mental health, nutrition, discipline, and communication with the pediatrician.
- To describe the relationship between demographic variables of caregivers and their perceptions of managing their child’s health and wellness.

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