The Effectiveness of a Parental Education Intervention about a Child-oriented Approach to Toileting for Healthy Thai Toddlers

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Significance of the Problem

Toilet training (TT)
• An important milestone in toddler development
• Critical task for achieving independence and self-esteem

TT in Thailand
• Starts as early as 4 months of age before the child is able to sit properly
• Involves a parent-centered approach
• Lacks practice guidelines
• Needed by working parents to place children in daycare

PICOT Question

In parents and caregivers of healthy toddlers in Thailand, how does a child-oriented toilet training method affect parental knowledge, parental self-efficacy, and the achievement of children in toileting skills?

Review of the Literature

Key words: TT or potty train, TT and healthy infant or toddlers, TT method or procedure, and TT best practice guidelines.

Search Engines: AHRQ: 2 hits, 1 relevant source; CINAHL: 32 hits, 6 relevant sources; Cochrane Library: 3 hits, 2 relevant sources; and Medline: 5 hits, 1 relevant source

Inclusion criteria:
• 2005-2012
• TT method for a healthy child
• Measure outcomes of child’s achievement or failure in TT
• Best practice guidelines

Exclusion criteria:
• Lack of quality evidence
• Studies of TT in children with comorbidities that affect quality of life

Synthesis of Evidence

Relevant sources = 10; Level I = 3; Level II = 1; Level V = 3; Level VI= 2; Level VII = 1; Using Melnyk & Fineout-Overholt’s (2005) hierarchy of evidence

Study designs: 1 Evidence Report; 2 best practice guidelines; 4 systematic review of qualitative/descriptive study; 2 qualitative/descriptive studies; 1 expert opinion consensus

Decision to Change Practice

• The reviewed evidence supports the implementation of the child-oriented approach to toileting healthy toddlers.
• The guidelines recommended healthy children who demonstrate physically and emotionally readiness for TT should be trained with parents involved.
• With the DNP guidance, parents can be trained to provide appropriate TT at home.

Education Intervention

• A half-day parent educational intervention delivered by DNP student
• 36 parents attended
• PowerPoint presentations covered TT method, child’s readiness assessment, motivational strategies, and anger management
• Content based on best evidence and made culturally relevant
• Pre/post tests for knowledge and self-efficacy

12 Week Follow-up

• Potty logs maintained by 30 parents
• Parents returned every 2 weeks
• Face-to-face and telephone advice offered

Theoretical Frameworks

• Bandura’s (1986) concept of self-efficacy
• Rogers’ (2003) Diffusion of Innovation

Implementation

Setting
A private kindergarten school in one district in Thailand

Data Collection
• Demographics questionnaire for data about both parent and child
• 30 items pretest-posttest knowledge questionnaire was developed based on information from experts in the field and reviewed literature.
• 12 items pretest-posttest structured self-efficacy questionnaire adapted from general self-efficacy scale by Schwarzer & Jerusalem (1995)
• Potty log maintained by parents
• Satisfaction survey at conclusion of project

Sample
• 36 parents were enrolled and completed the parent educational intervention.
• 33 children were assessed for toileting skills achievement.

Parental Knowledge
• Pretest mean was 14.92 (SD = 4.07)
• Posttest was 24.50 (SD = 2.38)
• A statistically significant increase (t = 12.38, p < .001)

Parental Self-Efficacy
• Pretest mean was 39.53 (SD = 6.20)
• Posttest mean was 44.53 (SD = 3.62)
• A statistically significant increase (t = 6.29, p < .001)

TT Achievement
• 26 of 33 children (78.78%) succeeded in toileting skills

Parental Satisfaction
• All participants (n = 30) agreed that the parent education program is a helpful program that guide them in providing toilet training to their child

Conclusions

• Parental knowledge and parental self-efficacy significantly improved after a parent educational intervention.
• As time passed, the number of children who achieved TT gradually increased.
• DNP’ s have a role in providing culturally sensitive parental education about the child-centered approach to TT.
• Further study is needed to determine factors influencing the duration to achieve toileting skills of a toddler
• TT guidelines for healthy Thai toddlers is expected to be carried out in the future.

Acknowledgements: Project advisor: Dr. Nola Schmidt, PhD, RN, CNE
This EBP project was supported by Payap University, Chiang Mai, Thailand.

Evaluation

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