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## INTRODUCTION

Autism Spectrum Disorder (ASD) has been associated with **higher parenting stress** level **SIGNIFICANTLY 80%** than other developmental disorder (Natalie, 2024 & Sharpley, 2021). Thus, high percentage of stress in parents of children with ASD will lead to **SERIOUS DEPRESSION** among parents with ASD children and **DEPENDENTS** in daily activity **AMONG CHILD**.

## 1. SELECTION OF OPPORTUNITIES FOR IMPROVEMENT

### 1.1 Situational Analysis

NO	PROBLEM	VERIFICATION	
		2023 (JAN-JUNE)	2023 (JULY-DECEMBER)
1	Increase recurrence visiting to OPD due to non compliance to treatment among Diabetes Mellitus in PKD Kerian		30%
2	Long waiting time more than 60 minutes during dispensing medicine in PHARMACY Klinik Kesihatan Ibu dan Anak (KKIA)		9.25%
3	Delay in notification of critical value more than 30 minutes in PATHOLOGY Department Klinik Kesihatan Ibu dan Anak (KKIA)	10.75%	21.05%
4	Increase in percentage of toddler defaulted from rehabilitation intervention in PHYSIOTHERAPY DEPARTMENT PKD Kerian	5.50%	10%
5	High percentage of stress in parents of children with ASD in PKD Kerian	66.5%	<b>84%</b>

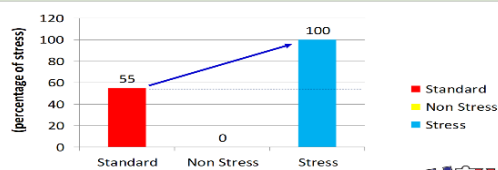
## 3. PROCESS OF GATHERING INFORMATION

Collected: **PSI/SF Form** by **R.ABIDIN (1995)**

Duration: **JULY 2023** until **JUNE 2024**

Population: All **PARENTS** with **ASD children**

## 4. ANALYSIS AND INTERPRETATION



Data collected using: **PSI/SF Form** by **R.Abidin (1995)**

**RESULT: All 50 parents (100%) are STRESS**

## 1.2 Problem Prioritization

No	PROBLEMS	S	M	A	R	T	TOTAL
1	Increase recurrence visiting to OPD due to non compliance to treatment among Diabetes Mellitus in PKD Kerian	11	9	12	9	12	53
2	Long waiting time more than 30 minutes during dispensing medicine in PHARMACY KKIA	13	13	14	8	13	61
3	Delay in notification of critical value more than 30 minutes in PATHOLOGY Department KKIA	8	10	12	11	13	54
4	Increase in percentage of toddler defaulted from rehabilitation intervention in PHYSIOTHERAPY DEPARTMENT PKD Kerian	10	14	12	8	9	53
5	High percentage of stress in parents of children with ASD in PKD Kerian	15	15	15	14	14	<b>73</b>

(SMART Criteria)

Score 1 to 3: 1 – Disagree; 2 – Agree; 3 – Strongly Agree No. of voters: **5**

## 1.3 Cause Effect Analysis



## 1.4 Objectives

1. Identify stress related factors
2. Formulate remedial measures
3. Reduce stress among parents

## 2. KEY MEASURE OF IMPROVEMENT

Indicator	Formula	Standard
Stress in parents of children with ASD	$\frac{\text{No. of stress in parents of children with ASD}}{\text{Total no. of parents of children with ASD}} \times 100\%$	<b>55%</b>

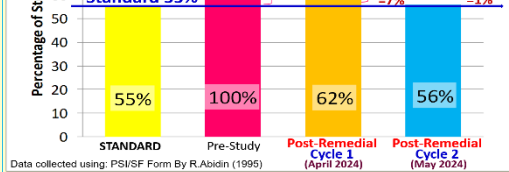
Standard set **55%** is based on previous study by Schieve et al. (2007)

## 5. STRATEGIES FOR CHANGE

1. Education on proper **MANAGEMENT** for ASD children **AT HOME**
2. Family **SUPPORT GROUP** in PKD Kerian
3. Education program for parent was conducted in **INDIVIDUAL** format
4. Attain the **THERAPY SESSION**



## 6. EFFECT OF CHANGE




Data collected using: PSI/SF Form by R.Abidin (1995)

## 7. NEXT STEP

**OBSERVATION BY THERAPIST (RECORDED AT HOME)**

**SENSORY DIET ACTIVITY (KIDS CALMER & ALERT)**

**POCKET GUIDE FOR PARENTS IN HANDLING ASD CHILDREN (POGASD)**



## ACKNOWLEDGEMENT

1)Ministry of Health(MOH);2)Kerian District Health Office;3)Respondent(parents);4)Family;5)PKD Kerian colleagues

## REFERENCES

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