

Health problems in down syndrome

[Health & Medicine](#), [Disease](#)



Identifying the barriers and facilitators to participation in physical activity for children with Down syndrome. Images Authors: Barr M; Shields N Author Address: School of Physiotherapy and the Musculoskeletal Research Centre, La Trobe University, Melbourne, Vic. , Australia. Source: Journal Of Intellectual Disability Research: JIDR [J Intellect Disabil Res] 2011 Nov; Vol. 55 (11), pp. 1020-33. Date of Electronic Publication: 2011 May 10. Publication Type: Journal Article Language: English

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Motor Activity/*physiology Adolescent ; Adult ; Child ; Child Behavior ; Child, Preschool ; Disability Evaluation ; Down Syndrome/psychology ; FamilyHealth; Female ; Humans ; Life Style ; Male ; Motivation; Parents/psychology ; Qualitative Research ; Victoria Abstract: Background: Many children with Down syndrome do not undertake the recommended amount of daily physical activity. The aim of this study was to explore the barriers and facilitators to physical activity for this group.

Methods: Eighteen in-depth interviews were conducted with 20 parents (16 mothers, 4 fathers) of children with Down syndrome aged between 2 and 17 years to examine what factors facilitate physical activity and what factors are barriers to activity for their children. The participants were recruited <https://assignbuster.com/health-problems-in-down-syndrome/>

through a community disability organisation that advocates for people with Down syndrome and their families. Interviews were recorded, transcribed and independently coded and analysed by two researchers using thematic analysis.

Results: Four themes on facilitators of physical activity were identified: (1) the positive role of the family; (2) opportunity for social interaction with peers; (3) structured accessible programmes that make adaptations for children with Down syndrome; and (4) children who were determined to succeed and physically skilled. Four themes on the barriers to physical activity were also identified: (1) characteristics commonly associated with Down syndrome; (2) competing family responsibilities; (3) reduced physical or behavioural skills; and (4) a lack of accessible programmes.

Conclusions: The results highlight the important role of families in determining how much physical activity children with Down syndrome undertake and the effect that common characteristics associated with Down syndrome can have on maintaining an active lifestyle. Future research needs to concentrate on successful methods of encouraging physical activity, such as ensuring social interaction is part of the activity, and eliminating barriers to physical activity such as the a lack of appropriate programmes for children with Down syndrome.

Implementing these strategies may encourage children with Down syndrome to participate more frequently in a physically active lifestyle. ((c) 2011 The Authors. Journal of Intellectual Disability Research (c) 2011 Blackwell Publishing Ltd.) Entry Dates: Date Created: 20111024 Date Completed: 20120221 Update Code: 20120221 DOI: 10. 1111/j. 1365-2788. 2011. 01425. <https://assignbuster.com/health-problems-in-down-syndrome/>

x PMID: 21554468 Database: MEDLINE with Full Text Images: Clinical practice. The care of children with Down syndrome. Images Go to all 8 images >> Authors: Weijerman ME; de Winter JP Author Address: Department of Pediatrics, VU University Medical Center, P.

O. Box 7057, 1007 MB Amsterdam, The Netherlands.nl

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Down Syndrome/*mortality Down Syndrome/*therapy Respiratory Tract Diseases/*therapy Vision Disorders/*therapy Cardiovascular Diseases/epidemiology ; Cardiovascular Diseases/genetics ; Caregivers ; Child ; Comorbidity ; Delivery of Health Care/standards ; Down Syndrome/complications ; Down Syndrome/diagnosis ; Down Syndrome/epidemiology ; Gastrointestinal Diseases/epidemiology ; Gastrointestinal Diseases/genetics ; Gastrointestinal Diseases/therapy ; Humans ; Otorhinolaryngologic Diseases/epidemiology ; Otorhinolaryngologic Diseases/genetics ; Otorhinolaryngologic Diseases/therapy ; Parents ; Practice Guidelines as Topic/standards ; Prevalence ; Respiratory Tract Diseases/epidemiology ; Respiratory Tract Diseases/genetics ; Risk Factors ; Vision Disorders/epidemiology ; Vision Disorders/genetics Abstract: Down <https://assignbuster.com/health-problems-in-down-syndrome/>

syndrome (DS) is one of the most common chromosomal abnormalities. Because of medical advances and improvements in overall medical care, the median survival of individuals with DS has increased considerably.

This longer life expectancy requires giving the necessary care to the individual with DS over their total longer life. DS medical guidelines are designed for the optimal care of the child in whom a diagnosis of DS has been confirmed. We present an overview of the most important issues related to children with DS based on the most relevant literature currently available. Entry Dates: Date Created: 20101025 Date Completed: 20110218 Update Code: 20111122 PubMed Central ID: PMC2962780 PMID: 20632187 Database: MEDLINE with Full Text