E-Poster

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Changes in Self-Care, Functional Mobility, and Cognition in Children and Adolescents with Disabilities: A One-Year Longitudinal Study of Interdisciplinary Interventions at Teletón Chile

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

People with disabilities tend to have poorer health outcomes across multiple dimensions. Instruments that assess aspects such as self-care and functionality—often compromised without timely access to rehabilitation—not only facilitate health status monitoring but also help determine the impact of interdisciplinary interventions on quality-of-life indicators for people with disabilities. To assess changes in self-care, functional mobility, and cognition in children and adolescents with disabilities treated at Teletón Chile after one year of interdisciplinary medical and non-medical interventions.

METHODS

We analyzed clinical records of 7,206 patients under 18 years of age from the 14 centers of the Teletón Institute in Chile. These patients were admitted in 2020 and underwent baseline evaluations at admission, followed by 12-month follow-up assessments between 2021 and 2024. The institutional evaluation protocol employs the WeeFIM questionnaire to assess health status upon admission and re-evaluate progress after a year of interdisciplinary interventions. The care model integrates medical-therapeutic, psychosocial, and assistive technology interventions tailored to each patient.

RESULTS

The mean age of participants was 3.4 ± 4.4 years, with 44.3% being female. One-third of the patients received care at the Santiago Institute (35.0%). The most prevalent diagnoses, according to the International Classification of Diseases (ICD-10), were Developmental Disorders (25.5%) and Cerebral Palsy (18.6%). The most frequently involved professionals included physical and occupational therapists in the medical-therapeutic domain, social workers and educators in the psychosocial domain, and orthotists in assistive technology. A significant improvement was observed in WeeFIM scores, specifically in the domains of self-care (2.1), functional mobility (9.8), and cognition (5.8), both overall and when stratified by evaluation year. Similarly, analysis by diagnosis and age group revealed improvements across most categories, both in specific functional domains and in the overall score.

CONCLUSION

The findings indicate significant improvements in self-care, functional mobility, and cognition after one year of interdisciplinary interventions. These results highlight the importance of monitoring a population facing healthcare inequalities and underscore the crucial role of early, comprehensive interventions in improving functional outcomes, promoting inclusion, and enhancing the quality of life.

Statement of Disclosures

None

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