E-Poster

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GODO, a Martial Art on the Way of Mutual Protection: An Innovative Approach to Better Managing Agitation States in Children With Disabilities

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Families and caregivers are regularly confronted with agitation and aggressive behavior in children with disabilities. To manage these situations, restraint methods are effective but may negatively impact the relationship with the child. GODO was developed in Japan by the father of an autistic child who experienced panic attacks with loss of control. The aim of our study is to assess the relevance of GODO training, introduced for the first time in France by the method's founder, to a group of professionals from a pediatric rehabilitation center.

METHODS

GODO training introduced unfamiliar professionals through theory and practice in a mat-equipped gym with real-life scenarios. To determine the participants' profile, age, gender, professional background, and workplace were self-reported. Volunteers completed standardized questionnaires before the training: POPAS (Perception Of Prevalence of Aggression Scale), MAVAS (Management of Aggression and Violence Attitude Scale), and IPAQ (International Physical Activity Questionnaire). Additionally, a self-assessment questionnaire (covering knowledge of agitation states, skills in behavior management and adaptation, and physical and technical intervention abilities) was completed by the participants before and after the training, whereas the training itself was assessed through a dedicated questionnaire at the end of the program. Appropriate statistical tests were applied (paired Wilcoxon, McNemar, Mann-Whitney, Cronbach's alpha).

RESULTS

Nineteen participants who agreed to the collection of their data (sex ratio: 4M/14F; mean age: 41.9 ± 11.3 years) were included and classified into two balanced profile groups: caregivers and rehabilitation professionals. Physical activity levels were similar, but caregivers appeared more sedentary than rehabilitation professionals. Suicide attempts and sexual intimidation are more frequently observed by caregivers than by rehabilitation professionals, but there is no difference between these two groups for other aggression incidents. Rehabilitation professionals believe more than caregivers that patient aggression is due to a lack of listening and poor communication with the staff. Despite these different profiles, a statistically significant change was noted in all items of the self-questionnaire at the end of the training, highlighting the relevance of GODO. More, the open-ended questions unanimously led to expressions of satisfaction regarding this training and a desire to include GODO in regular practice.

CONCLUSION

Our study supports the relevance of GODO training for professionals caring for children with disabilities. These encouraging results advocate for extending the training to other professionals, as well as families, to improve agitation management in these children. This could also reduce the vulnerability of those facing such situations.

Statement of Disclosures

None

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