



Perceptions of Barriers and Facilitators for Social Participation in Teenagers with a Brachial Plexus Birth Injury

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Introduction

- Approximately 30% of newborns with BPBI experience permanent deficits in the upper extremity.¹
- Early rehabilitation is available, but teenagers with BPBI rarely receive therapeutic intervention.
- Aim: to explore the lived experiences of teenagers with BPBI on social participation.

Methods

- Population: teenagers ages 12-18 with a BPBI.
- Data collection and analysis:
 - Individual interviews via Zoom (Table 1) were recorded and transcribed.
 - Two independent coders conducted thematic analyses²

Table 1. Interview Questions

Interview Questions

1. Tell me about yourself. (Name, age, grade, what state you live in, hobbies, what you want to be when you grow up)
2. Which arm is affected by your injury?
3. What is occupational therapy? Describe what you think is to the best of your ability.
4. How was your experience in OT? Do you remember any of it?
5. Describe any limitations that you feel are caused by your injury.
6. How does it make you feel to have different abilities than your peers?
7. Describe how you feel your injury affects your participation in social activities.
8. Are there any activities that you have had difficulty with that you feel occupational therapy could have helped you with? If so, what are they?

Results

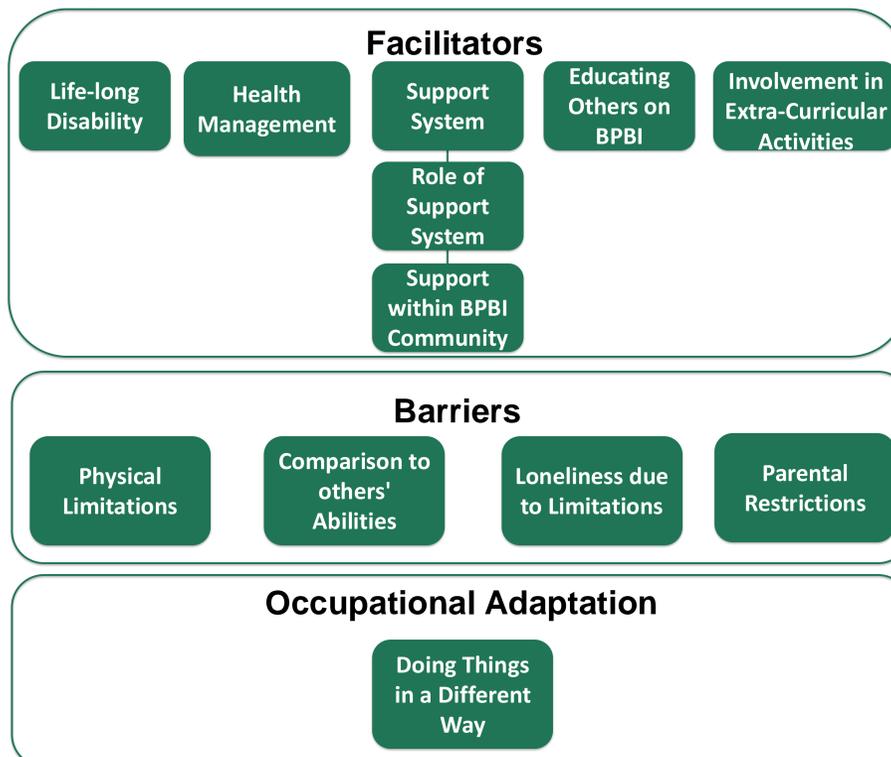
- Three participants were included. (Table 2)

Table 2. Participants

Participant	Age	Number of siblings	School system	Grade	Affected side	Hand dominance
Adam	17	5	Home School	11th	L	R
Ben	16	1	Public school	11th	L	R
Caroline	13	2	Public school	8th	R	R

- Eleven themes were identified and categorized as facilitators, barriers, and occupational adaptation (Figure 1).

Figure 1. Codes



Results (cont.)

Facilitators: factors that encourage social participation.

"I like having like my friends...they understand and will... help me adjust and even, like, push me a little bit further than what I'm used to." (Adam)

Barriers: describes factors that can be a hinderance to the social participation.

"I feel like it makes you feel. Really kind of like lonely...I just feel lonely in moments like that." (Caroline)

Occupational Adaptation: describes how the participants adapt to difficult occupations

"I usually just use my right hand for things. Usually not my left." (Ben)

Discussion and Conclusion

- Participants noted the limited research on this population.
- This study underscores the importance of addressing social participation within rehabilitation, reinforcing the need for a more comprehensive approach in BPBI care.³

References



Acknowledgement & Contact information

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