

**Managing Self-Care Activities: Experience of Complete
Paraplegic Wheelchair users in their Home Environment
after Completing Rehabilitation from CRP**

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ABSTRACT

After spinal cord injury a person's body and life world commonly change, and suddenly taken-for-granted occupations such as self-care become difficult to perform. This can be great problem to live an independent everyday life. In order to perform of self-care, occupational therapists commonly initiate self-care training in the early phase of rehabilitation. This study focused to explore the experiences of complete paraplegic wheelchair users about how they perform their self-care activities in their home. The objectives were to identify the physical, environmental and personal factors which influence the participants' performance to perform the self-care activities (dressing, bathing, toileting). It also tried to find out the strategies they have followed to overcome these factors to perform the self-care activities. A qualitative research design was chosen and approved by Ethical committee of BHPI. Six participants were selected from the different districts of Dhaka Division through purposive sampling. Data were collected by in-depth, semi structured and face-to-face interview. Finally data were analyzed by content analysis. From the content analysis the emerged results are seen that in the home, physical, environmental and personal factors influence the complete paraplegic wheelchair users for performing their dressing, bathing, and toileting activities but they perform their self-care activities by following different strategies.

Key word: Complete paraplegia, wheelchair users and self-care activities.