

Problems Encountered By Hemiplegics While Dressing/ Undressing

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INTRODUCTION

Hemiplegics are the persons suffering from hemiplegia i.e. paralysis of one side of body. Para-lysis is neuro muscular disease which causes loss or impairment of motor function in a part of the body due to lesion of the neural or muscular mechanism leading to complete dysfunction of the affected part. The treatment of such persons helps them to recover partially or completely which depends on the cause and severity of problem, age of the persons and exercise.

The persons who do not recover fully have weak muscles, limited small and complex motor movement which affect the dressing ability and manipulation of fasteners. Efforts have been made to identify the problems encountered by the hemiplegics while dressing and undressing to design garments styled for ease in dressing/undressing having easily manipulable fasteners.

METHODOLOGY

In a study conducted on 200 handicapped persons, 62 were paralytics. Among paralytics, 37 were hemiplegics comprising 26 males and 11 females. Interview and observation methods were used to identify the problems encountered by them while dressing/undressing.

RESULTS AND DISCUSSION

Hemiplegics Men: Problems Encountered and Help Obtained While Dressing and Undressing

Data regarding problems encountered by hemiplegic men in Table 1 indicated that at the time of dressing/undressing of upper garments, maximum hemiplegic men (92.3%) encountered problems during 'manipulation of placket fasteners', which was mostly done by others ($\bar{x}_w=1.69$). 'Slipping and removing garments off the arms/head' were reported to be difficult by a majority of the respondents (84.62%). Greater help was obtained for wearing ($\bar{x}_w=1.67$) than for taking off ($\bar{x}_w=1.54$). 'Unfastening of placket

fasteners' was reported to be a problem by 57.7 per cent respondents who were assisted most of the time ($\bar{x}_w=1.60$). All those respondents (53.84%), who had cuffs in their dresses, found it difficult to 'fasten/unfasten the cuffs' fasteners' of the functional hand. This was always got done by others ($\bar{x}_w=2$).

The data regarding lower garments revealed that 'setting of garments at waist' was a problematic task for majority of the respondents (84.62%). Help was obtained for this to a greater extent ($\bar{x}_w=1.77$). 'Tying/untying of string' was found to be difficult by 69.23 per cent and 50 per cent respondents respectively. This was generally done by others ($\bar{x}_w=1.77$). 'Slipping legs in garments' and 'removing garments off the legs' were the problems reported by 61.54 per cent and 46.15 per cent respondents respectively. Therefore, they were seeking help most of the times ($\bar{x}_w=1.68$, $\bar{x}_w=1.83$). 'Tucking of shirt' and 'fastening of pants' belt' were found to be problematic by 26.92 per cent respondents for which help was always obtained ($\bar{x}_w=2$).

A very few respondents (19.23%) reported that they found it 'difficult to fasten the zipper of fly' for which they were taking others' help ($\bar{x}_w=2$). The respondents (11.53%), who faced problems while 'unfastening of pants' belt and fly's zipper', sought help most of the times ($\bar{x}_w=1.66$).

From the data it was found that majority of the hemiplegic men were facing problems while dressing/undressing. The major factor was spasticity in their limbs because of that they were not able to raise their limbs but some of them who could do so they were doing with great difficulty. Another reason was their dressing pattern, which also caused problems like *kurta* which had small placket was found to be the most common upper garment. While dressing/undressing, the upper limbs were required to be raised, which was not generally feasible without any help. This was the reason that 'slipping and removing garments off the head' was a big

Table 1: Problems encountered and help obtained while dressing and undressing: Hemiplegic men (n=26)

S. No.	Dressing/undressing procedure	Problems encountered		Help obtained	
		Yes	No	NA	WMS ($\bar{\chi}_w$)
<i>1. Upper Garments</i>					
i)	Slipping hands in sleeves	22 (84.62)	4 (15.38)	-	1.67
ii)	Slipping garments over head	22 (84.62)	4 (15.38)	-	1.67
iii)	Manipulation of placket fasteners	24 (92.30)	2 (7.70)	-	1.69
iv)	Manipulation of cuffs' fasteners	14 (53.84)	-	12 (46.16)	2.00
v)	Unfastening of cuffs' fasteners	14 (53.84)	-	12 (46.16)	2.00
vi)	Unfastening of placket fasteners	15 (57.70)	11 (42.30)	-	1.60
vii)	Removing garments off the head	22 (84.62)	4 (15.38)	-	1.54
viii)	Removing garments off the arms	22 (84.62)	4 (15.38)	-	1.54
<i>2. Lower Garments</i>					
i)	Slipping legs in garments	16 (61.54)	4 (15.38)	6 (23.08)	1.68
ii)	Setting garments at waist	22 (84.62)	4 (15.38)	-	1.77
iii)	Tucking of shirt	7 (26.92)	2 (7.69)	17 (65.39)	2.00
iv)	Fastening of pants' belt	7 (26.92)	2 (7.69)	17 (65.39)	2.00
v)	Fastening of fly's zipper	5 (19.23)	4 (15.38)	17 (65.39)	2.00
vi)	Tying of string	18 (69.23)	2 (7.69)	6 (23.08)	1.77
vii)	Untying of string	13 (50.00)	7 (26.92)	6 (23.08)	1.77
viii)	Unfastening of pants' belt	3 (11.53)	6 (23.08)	17 (65.39)	1.66
ix)	Unfastening of fly's zipper	3 (11.53)	6 (23.08)	17 (65.39)	1.66
x)	Removing garments off the legs	12 (46.15)	8 (30.77)	6 (23.08)	1.83
xi)	Tying of Dhoti	6 (23.08)	-	20 (76.92)	2.00

Figures in parenthesis show percentage; WMS ($\bar{\chi}_w$) = Weighted mean score weighted by frequency.

Table 2: Problems encountered and help obtained while dressing and undressing: Hemiplegic women (n=26)

S. No.	Dressing/undressing procedure	Problems encountered		Help obtained	
		Yes	No	NA	WMS ($\bar{\chi}_w$)
<i>1. Upper Garments</i>					
i)	Slipping garments in sleeves	10 (90.90)	1 (9.10)	-	1.50
ii)	Slipping garments over head	8 (72.72)	1 (9.10)	2 (18.18)	1.75
iii)	Manipulation of placket fasteners	3 (27.28)	-	8 (72.72)	1.66
iv)	Unfastening of placket fasteners	1 (9.10)	2 (18.18)	8 (72.72)	1.00
v)	Removing garments off the head	8 (72.72)	1 (9.10)	2 (18.18)	1.75
vi)	Removing garments off the arms	10 (90.90)	1 (9.10)	-	1.50
<i>2. Lower Garments</i>					
i)	Slipping legs in garments	7 (63.64)	2 (18.18)	2 (18.18)	1.70
ii)	Setting garments at waist	9 (81.82)	2 (18.18)	-	1.90
iii)	Tying of string	9 (81.82)	-	2 (18.18)	1.78
iv)	Untying of string	6 (54.54)	3 (27.28)	2 (18.18)	1.66
v)	Removing garments off the legs	7 (63.64)	2 (18.18)	2 (18.18)	1.70
vi)	Setting of saree	2 (18.18)	-	9 (81.82)	2.00

problem for hemiplegics. Poor muscular movements of fingers created problems while 'fastening/unfastening of placket fasteners', 'cuff fasteners of functional arm', 'string of lower garments', 'belt and zipper of pants'.

Hemiplegic Women : Problems Encountered and Help Obtained While Dressing and Undressing

Like hemiplegic men, women also faced

problems while dressing and undressing, but the number of problems faced by women were much less than those of men due to difference in their dressing pattern. From the data presented in Table 2 about upper garments of hemiplegic women, it has been observed that 'slipping and removing garments off the arms' was problematic for maximum number of respondents (90.99%) which was sorted out with others' help invariably

($\bar{x}_w = 1.50$). Majority of the respondents (72.72%) faced difficulties 'while slipping and removing the garments off the head' as their garments were without any centre front placket. Therefore, they sought others' help most of the time ($\bar{x}_w = 1.75$). This problem was not applicable to 18.18 per cent respondents as their upper garments had centre front full placket. The respondents (27.28%), who had fasteners in their upper garments, faced 'difficulties while fastening' which was mostly done by others ($\bar{x}_w = 1.66$) but 'unfastening of fasteners' was reported to be difficult by very few respondents (9.10%) who rarely required others' help ($\bar{x}_w = 1.00$).

The data regarding lower garments revealed that majority of the respondents (81.82%) faced problems while 'setting the garments at waist' and 'tying of string' which were mostly done by caretakers scoring 1.90 and 1.78, respectively. 'Slipping and removing garments off the legs' was a difficult task for 63.64 per cent respondents for which they mostly sought help ($\bar{x}_w = 1.7$). About half the size of the respondents (54.54%) encountered problems while 'untying of string' for which they were assisted by the caretakers most of the time ($\bar{x}_w = 1.66$). Very few respondents (18.18%) wore *saree* which was always worn with the help of others ($\bar{x}_w = 2$).

From the data it was observed that most of the male and female hemiplegics did not change their dressing pattern inspite of the problems they were facing. Hence it can be concluded that keeping in view the problems encountered by

them, requisite functional features should be incorporated in their existing dresses for higher acceptability.

Ewald (1975), Yep (1976), Alexander (1977), Jaipuria (1983) and Aggarwal (1993) reported that paralytics encountered various problems while dressing and undressing.

KEY WORDS Dressing. Disabled. Garments. Gender.

ABSTRACT Many of the hemiplegic men faced problems in dressing and undressing of upper as well as lower garments. So they were dependent on others for fastening and unfastening of cuffs, tucking of shirt, fastening/unfastening of pants belt & fly's zipper, tying/untying of string. The problems encountered by hemiplegic women were slipping and removing upper garments off the head and arms. In case of lower garments, setting of the garment at waist, tying of string, slipping and removing the garments off legs were the problems being faced by majority of the respondents and most of them were always dependent on others.

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