Quality of life evaluation in health using KINDL in children and teenagers from 4 to 16 years who assist to the High Motivation Program in Teleton Santiago. Years 2008-2009

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ABSTRACT
The therapy through the arts included in the high motivation program (HMP), achieves to explore and develop the expressive and communicative potentials, to integrate the affective, cognitive and motor areas of the patient, in an essentially sensory experience, in order to improve quality of life related to health (QLRH).

Objectives: To estimate QLRH by using Kindl in children and adolescents attending the HMP in Teletón Santiago between 2008 and 2009, and to analyze the effect of parallel therapeutic treatments.

Patients and Methods: We studied a cohort of 84 patients from 4 to 16 years old, who met the selection criteria, we administered the Kind questionnaire in their Kiddy (4-7 years, n = 22), Kid (8-11 years; n = 26) and Kiddo (12-16 years, n = 32) versions to measure QLRH before and after participating in the HMP.

Results: The global QLRH increases in the Kid and Kiddy groups except in the school dimension; in Kiddo, there is a significant difference for global QLRH, emotional wellbeing and self-esteem; in Kid we find significant differences for physical and emotional wellbeing, self-esteem and friends (p < 0.05).

Conclusions: The QLRH median score measured with Kindl, significantly increases after HMP intervention in the selected study groups. The perception of changes in QLRH reported by the parents and their children from 4 to 7 years old doesn't differ at the end of the intervention between them. Using therapy through the arts helps to enhance the global QLRH in all the Kindl groups and the self-esteem dimension in the Kiddo and Kind groups.

Key words: Quality of life related to health, cerebral palsy, Kindl, disabled, art therapy.