

Application of Family Rehabilitation Nursing in the Recovery and Treatment of Social Communication Disorders in Children with Autism

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Abstract: Autism is a condition caused by extensive developmental disorders. The obvious appearance is interpersonal isolation, behavioral disorders, and poor physical fitness. Autism is an irreversible disease, but autistic children in development can relieve the adverse effects of autism through treatment. The current treatments for autism include medication, behavior correction and training, early education and training. Through the interviews and observations in the previous period, this paper understands the specific problems of the client, and designs and implements the three aspects of “language expression”, “emotional expression” and “interpersonal interaction” of family rehabilitation nursing in combination with the service object itself. The client carries out different trainings of each module, improves the child's language expression ability, enables the child to develop a normal emotional experience, enhances the child's interpersonal communication ability, and finally solves the problem of interpersonal communication disorder of the autistic child.

1. Introduction

Autism, also known as autism, also known as autism, is a representative disease of extensive developmental disorders. The disease generally begins within 36 months, mainly manifested in three core symptoms, namely: social communication disorders, communication disorders, narrow interest and stereotyped behavior [1-3]. Now, every 20 minutes in the world, one child is diagnosed with autism, and the number of people with autism has reached 67 million.

The characteristics of autism are mainly in behavior, communication, social interaction and interest, and activity patterns, such as: good repetitive behavior and stereotypes, resistance to changes in the environment and changes in the rules of life, and perception of experience. It is precisely because of these obstacles that such children are difficult to participate in sports normally, and the development of physical fitness is seriously hindered. At present, all interventions for rehabilitation are mainly medication, behavior correction and training, early education and training. Drug treatment such as taking antipsychotics, antidepressants, anti-anxiety agents [4-6], central stimulants; methods commonly used in behavior correction and training include strengthening, regression, shaping; early education and training The methods include “structured teaching method”, “interventional teaching of computer and multimedia” and “dual trainer teaching and training mode”. Family rehabilitation care [7-9] can not only promote the development of physical health and physical fitness of children with autism, but also promote the development of mental health of children with autism. Physical behavior is to discover the psychological activities of people by studying their physical activity. The external expression, this kind of expression needs to be accumulated through a period of time to be able to objectively summarize the classification. The study of such physical behavior is time and comprehensive. For children with autism, the physical behavior of children with autism is closely related to psychological activity [10-12]. The two cannot be separated and must be combined. Neurons in children with autism are missing. The disease, such a disease can not be reversed, so children with autism can only express the emotions of anger and happiness through the behavior of behavior.

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2. Research methods of family rehabilitation nursing in the treatment of social communication disorders in children with autism

(1) Literature method

Through the examination of CNN China Academic Journal Network, China Journal Network Excellent Master Paper, Weipu Database, Super Star Library and our master's thesis database data, enter "autism", "rhythmic gymnastics", "physical and mental quality", Keywords such as "physical behavior", the literature has also been reviewed, and information on special children's teaching, special child psychology, and exercise physiology has been consulted. Articles with reference value for papers have been reviewed and collected. Through analysis and research on these documents, Use classification, inductive deduction, analysis and summary methods to extract ideas, find arguments, and enrich materials. It provides sufficient data and theoretical basis for the design, design and writing of this paper.

According to the query of China Knowledge Network, there were 117 articles on special children's reform journals from 2013 to 2015, among which 39 articles on family rehabilitation nursing analysis of special children's behaviors. There are 45 articles in the article, 14 articles on family rehabilitation nursing games for special child behavior interventions, and 19 articles on family rehabilitation nursing interventions for special children.

(2) Experimental method

Sample selection: In the early stage of the study, contact with a parent of a primary school, and two children with mild autism were selected from the list of students enrolled in the school. All the children were selected to have children with their family members. In each class of experiments, the accompanying parents were assisted as assistants.

The children were randomly divided into observation group and control group by random extraction, 30 cases in each group. Among them, the observation group consisted of 21 males and 9 females; aged 2-13 years, mean age (7.2 ± 2.31) years; 14 cases of mild to moderate autism, 16 cases of severe autism; The educational level of the caregiver: 2 cases in primary school, 9 cases in junior high school, 19 cases in university and above; family economic level: family annual income of 30,000 yuan in 5 cases, 50,000 yuan in 17 cases, and more than 100,000 yuan in 8 cases. The control group consisted of 24 males and 6 females; aged 2-13 years, mean age (7.5 ± 2.62) years; light and moderate autism in 17 cases, severe autism in 13 cases; children's primary caregiver education level 3 cases of primary school, 10 cases of junior high school, 17 cases of university and above; family economic level: family annual income of 30,000 yuan in 6 cases, 50,000 yuan in 1 case, more than 10,000 yuan in 9 cases. There were no significant differences in gender, age, severity of illness, education background and economic income of the main caregivers between the two groups ($P > 0.05$), which were comparable.

Normal emotional experience is especially important in dealing with family members. On the one hand, they can enjoy the happiness brought by the interaction, on the other hand, they can better understand others and make them feel the same. The emotional experience of children with autism is different from other children. One situation is that their response to many things is very slow and the emotional experience is not deep. The other case is more aggressive. Therefore, parents should enable the client to resume normal emotional experience in a variety of ways. The service object A belongs to the first case, and it seems very indifferent to many things. The service object B becomes very emotional. If you are happy, you will be very happy. When you are sad, you will cry. Through the intervention of the service object A, it can be clearly felt that the service object A can like this feeling contact and recognize the emotions. For some situations, you will also show some of your own emotions, not all indifferent to all. The service object B itself has a lot of emotional fluctuations. Through social workers' contact with him, he can slowly relieve his emotions, and he

will not suddenly become excited and control himself.

Table 1 Emotional expression training Table in family nursing rehabilitation

Service theme	Service target	Service Content
Enjoy physical contact	Make the client's body respond appropriately to physical contact	Step 1: Parents pick up and gently shake the client. Step 2: Try to serve the client by jokes and see if he has the right response.
Express emotions with facial and body language	Enables the client to express emotions using the correct facial and body language	Step 1: The parents ask the client's understanding of the four emotions "happy and sad". Step 2: Let the client express facial expressions with emotions Step 3: let the client express the emotions in the body language.
What should we do?	By letting the client see the form of the short film, let the client understand what attitude he should be when others perform a certain performance and develop a correct emotional experience.	Step 1: to see a warm and happy short film to the client, observe the emotional changes of the client. Step 2: Look at the client for a short video of the child's fall, observe the client's expression, and ask the client what you will do if you encounter something like you. Step 3: to the client to see a very quiet scene, someone suddenly made a short film of noise, observe the emotional changes in the client.

(3) Daily life

Parents of children should choose the appropriate ingredients to develop healthy recipes according to their usual eating habits and preferences. At the same time, carefully observe the changes in children's daily eating habits, pay attention to supplement nutrition, improve their body resistance, when the appetite declines, the appetite can be improved by changing different foods. In addition, the necessary activities are included in the daily life plan, and the exercise is mainly aerobic exercise, such as walking, jogging and swimming. You can play anime during the exercise or during the interval between sports to distract the children's attention, which can increase their exercise time, improve the fun of sports, and make the children more active. However, it is worth noting that the exercise process should not be excessively active, and the amount of exercise should not be too large. Otherwise, it may be prone to rejection or even cause physical damage.

(4) Psychological counseling

Because children with autism are not good at communicating with the outside world, it is difficult to figure out their psychological state. Parents should actively try to communicate with their children and discuss topics that may be of interest to them and increase their frequency of communication. The expression ability of children with autism is significantly weaker than that of ordinary people, and abnormal conditions such as incompetence or insomnia due to mental retardation occur. Parents should patiently listen and enlighten, and formulate corresponding family intervention strategies according to their psychological actual state. . It is necessary to be good at using language and physical stimulation to encourage children to make better use of rehabilitation care through psychological suggestion.

3. Results and Analysis

(1) The effect of family rehabilitation training on social behaviors of children with autism

Table 2 Statistics of the number of abnormal expression behaviors of two children tested before and after the experiment

Abnormal expression of sexual behavior	HYT		TJL	
	Before the experiment	After the experiment	Before the experiment	After the experiment
Require behavior (hands, shouts, beats yourself)	12	11	7	18
Refusal behavior (avoiding problems, crying, physical expression)	5	3	4	16
Attracting attention to behavior (screaming, whispering, repetitive action)	11	7	9	24
Answer questions (ignoring problems, pointing by hand, words not reaching out)	8	4	8	9

It can be seen from the data in Table 2 that the abnormal expression behavior of HYT has undergone certain changes before and after the family rehabilitation nursing study. The change of the two points from the Table is the most significant. In terms of refusal behavior, the child changed from a previously unrecognized refusal behavior to a refusal of language as a way of expression; social behavior also changed from a simple oral communication to a person's eye interaction. Responding with a smile, it proves that the child's heart has changed, from being afraid to communicate with others and becoming willing to communicate with others; asking for explanations, being able to communicate with people in language and using long and short sentences to communicate, this is not the case before. For autistic children, physical behavior is an external manifestation of psychological activities. Therefore, from the perspective of changes in communication behavior of children with HYT, the child slowly opened his heart after undergoing family rehabilitation care, willing to People communicate and begin to learn to build trust with others. The language communication ability of children with TJL is stronger than that of children with HYT, but children with TJL are more difficult to speak. Usually, they have to make great efforts to complete a sentence. If someone interrupts him or he can't express his meaning, He will become violent and even shout loudly for a long time, but after three months of family rehabilitation nursing intervention, the child can use the language to express the rejection in the aspect of refusal behavior, which is inexplicably violent in the classroom. The situation of shouting is becoming less and less, which indicates that the study of rhythmic gymnastics has changed the abnormal expression behavior of children with autism to some extent.

(2) Changes in social behavior

Autistic children are accustomed to the fixed way of people or things in life, and have a great rejection mentality for new changes in learning life. Therefore, it is possible to change the time of participating in family rehabilitation nursing courses for children under test.

From Figure 1, we can clearly see that the time for two students to participate in the family rehabilitation nursing class is a trend of continuous improvement. At the end of the course, there is a small fluctuation, because the time of the last test session is shortened and Finally, the minor annoyance brought about by the review course. At the beginning of class, TJL students as a male student to exclude physical activity, I need to spend a lot of time in the early stages of the course to persuade the appeasement and appropriate encouragement of teaching. After continuous trials, TJL students slowly participated in the family. In the course of rehabilitation nursing; HYT students are more active than TJL. In the later period, due to the better mastery of the movements, some sluggish emotions have emerged, resulting in a decrease in participation time and timely encouragement by teachers. After re-joining the class with the enlightenment, and achieved good results in the last test. This proves that after the application of family rehabilitation nursing, the enthusiasm of the children participating in sports activities has been greatly improved. This is inseparable from the continuous

encouragement of parents during the participation process. Only children are encouraged in the project. And according to the child's mastery to modify the content of the care, in order to encourage the child to have a strong sense of participation, willing and willing to participate in the activity.

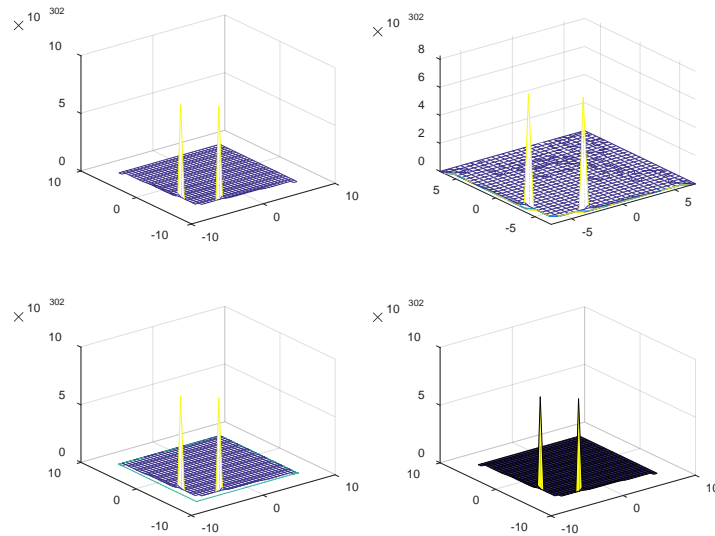


Figure 1 Comparison of statistical behaviors of social behaviors when participants were involved

Language communication is an essential skill essential to human life. The biggest obstacle for children with autism is language barrier. Therefore, in order to effectively treat autism, we should first find a suitable way to open the child's language world and make it speak boldly. Studies have shown that music therapy can effectively change children's mood and language initiative, which is related to the growth of brain neurons that can stimulate children's brain. Therefore, parents can learn from music therapy, use music to treat children with autism, find resonance in a specific music environment, stabilize their emotions, trigger the children to open their mouths, and even do physical exercises, which helps Adaptation to social life. In addition, it is closely related to listening in the human language system. Children with autism still need to feel the changes of the outside world by listening, but for the prescriptive discourse, the ability of these children to listen is obviously not as good as normal children. Therefore, in the process of rehabilitation and rehabilitation at home, parents should also pay attention to training the hearing ability of the child. For example, the child can be given instructions in the game to guide how to complete it; or the child can play a toy that can make a sound or instruction. Complete related tasks under the guidance of parents. Through the intervention of hearing, the child's ability to accept new things autonomously can be trained to gradually integrate with the normal children's life. In the rehabilitation nursing of children with autism, it is mainly to improve the impact of its neurodevelopmental disorders, encourage it to speak and do, and thus promote the social development of children.

4. Conclusion

In summary, good education of children, more communication with children. Many children with autism have behaviors that are unusual for normal children, such as stereotypes and emotional abnormalities. When this happens, parents should correct these bad behaviors in a timely manner. At the same time, it is important to communicate more with autistic children. Many children with autism are relatively silent and unwilling to contact the outside world. Parents of children with autism should actively communicate with their children, gain the trust of their children, exercise their language skills and cognitive ability, and promote the normal development of children with autism. At the same time, children with autism should have more exposure to the external

environment, including participation in activities in some communities, schools, and organizations, and exposure to the outside world. This allows children to experience friendship, warmth, and wisdom from group activities. The opportunity of a friend has a good effect on improving autism.

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