

Pediatric Nursing: Enhancing Family-Centered Care in Hospital Settings

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ABSTRACT

A crucial method in pediatric nursing, family-centered care (FCC) places an emphasis on the collaborative relationship that exists between patients, their families, and the medical professionals who treat them in order to achieve better health outcomes. Within the context of hospital settings, this study investigates the value of strengthening family-centered care, with a particular emphasis on pediatric patients. During hospitalization, families encounter a variety of specific obstacles, including emotional stress, communication barriers, and the requirement to be involved in the decision-making process for their treatment. Enhancing communication channels, cultivating collaborative connections, and offering education that is specifically targeted to the need of families are among strategies that can be utilized to put FCC ideals into practice. Additionally, the role of nurses as advocates for families is highlighted, and a holistic approach to care is promoted. This approach takes into account the physical, emotional, and developmental elements of the patient population. Pediatric nursing has the potential to greatly improve patient satisfaction, adherence to treatment, and overall health outcomes by placing a priority on the involvement and support of families. These findings highlight the importance of healthcare systems adopting policies and practices that encourage family-centered care. This will ensure that families are considered to be vital parts of the healthcare team.

Keywords: Pediatric Nursing, Family-centered care (FCC), Hospital, Healthcare.

INTRODUCTION

Over the course of the last few decades, there has been a substantial transformation in the landscape of pediatric healthcare. This movement has occurred from a model that was traditionally provider-centric to one that acknowledges the significance of family involvement in the process of providing treatment. Family-centered care, often known as FCC, is a method that recognizes the significant part that families play in the health and well-being of young patients.

The emotional, psychological, and social needs of children and their families during hospitalization are supported by this model, which not only improves the quality of care it provides but also helps to meet those requirements. Children and their families might go through a traumatic experience when they are admitted to the hospital, which is frequently accompanied by feelings of uncertainty, anxiety, and fear. Parents and other caregivers are not merely observers; rather, they are indispensable collaborators in the process of providing care for their children. It has been demonstrated via research that when families are actively involved in the care of their children, it results in improved health outcomes, increased patient satisfaction, and enhanced compliance with treatment procedures. Additionally, providing families with opportunities to participate in decision-making processes helps to cultivate a sense of empowerment and ownership over the health path of their kid. Although it is abundantly evident that FCC is beneficial, there are still obstacles that prevent its implementation in a great number of medical settings. Among these obstacles are the time limits that healthcare personnel must contend with, insufficient communication tactics, and organizational cultures that may not place a high priority on family involvement. When it comes to establishing a supportive environment in which families are able to actively participate in the care of their children, addressing these problems is absolutely necessary.

The purpose of this research is to investigate the fundamental aspects of family-centered care in pediatric nursing and to investigate the many approaches that can be utilized to improve FCC in hospital environments. The purpose of this discussion is to emphasize the necessity of a holistic approach to pediatric nursing that places a high value on and places a priority on the engagement of families. This will be accomplished by stressing the significance of collaboration between healthcare providers and families.

Background of Family-Centered Care

As a response to the growing knowledge of the importance that the family plays in the health outcomes of pediatric patients, the idea of family-centered care evolved in the latter half of the 20th century. The notion that healthcare should be adapted not only to the patient but also to the family unit, which provides emotional support and contextual understanding of the child's requirements, is the foundation upon which it is built. As a best practice in pediatric

treatment, family-centered care (FCC) is advocated for by a number of organizations, including the American Academy of Pediatrics (AAP) and the Institute for Patient- and Family-Centered treatment (IPFCC).

Concept of Family-Centered Care

The concept of family-centered care refers to a collaborative approach that recognizes the family as an essential component of the healthcare team for infants and children. In order to make decisions, plan and deliver care, and promote the child's general well-being, it requires healthcare providers to collaborate with families in order to make decisions. The concepts of respect, collaboration, empowerment, and communication are the foundation upon which family-centered care is constructed at its core.

SIGNIFICANCE OF FAMILY-CENTERED CARE IN PAEDIATRIC NURSING

Holistic Approach

A holistic approach to pediatric healthcare is taken by family-centered care, which takes into account the child's physical, emotional, and social well-being within the context of their family when providing medical attention to children. Recognizing that the family is the major source of support and plays an essential role in the growth and recovery of the child is a key component of this approach. The concept of family-centered care acknowledges the fact that children are a component of a family unit. When healthcare practitioners take into account the beliefs, values, and cultural background of the family, they are able to give tailored and holistic care that caters to the child's physical, emotional, and social requirements.

Communication and Collaboration

It is of the utmost importance to include families in the decision-making process and to encourage open and efficient communication between healthcare practitioners and families. In addition to providing vital insights into the child's health history, preferences, and daily routines, family members also have the ability to significantly contribute to the development of the care plan, which in turn can lead to enhanced decision-making and better probable results.

Empowerment, Education and Partnership

Family-centered care gives families the ability to take an active role in their child's care by equipping them with the knowledge and skills they need to do so. The purpose of pediatric nurses is to educate families on the status of their children, the various treatment options available, and self-care practices. This provides families with the ability to make more educated decisions and better manage their children's health. Families are given the ability to take an active role in their child's healthcare journey when they are given the opportunity to engage in the care process. It encourages collaborative decision-making, which provides families with a feeling of control and ownership over the treatment plan to be implemented for their kid. The establishment of a partnership between healthcare practitioners and families, which is characterized by increased trust and improved adherence to treatment, is fostered through collaboration.

Emotional Support

Providing care for children who are suffering from chronic illnesses or severe medical issues is a common part of performing pediatric nursing. Care that is oriented on the family takes into account the psychological impact that these diseases have not only on the kid but also on their family. Through the provision of emotional support and the participation of families in decision-making processes, healthcare providers have the ability to assist in the reduction of anxiety, the promotion of coping methods, and the enhancement of the overall well-being of the child and their family.

Continuity of Care

Through the participation of families in the discharge planning and transition process, family-centered care helps to ensure that patients receive consistent care. Paediatric nurses contribute to the smooth transition of patients from the hospital to their homes or from one healthcare environment to another by supplying families with the information, resources, and support they require. Also, it guarantees that the child will receive care that is consistent and all-encompassing, regardless of whether it is provided at a clinic, a hospital, or at home.

Impact on Pediatric Patients and Families

Family-centered treatment has a significant influence on the lives of pediatric patients and the families of those kids. In addition to enhancing patient satisfaction and leading to improved health outcomes, it also contributes to a more positive experience with healthcare. Families are able to acquire a deeper comprehension of their child's health, the various treatment options available to them, and the self-management tactics they can employ when they are actively involved in their child's care. The knowledge that families have gives them the ability to advocate for their child's needs, which ultimately results in a greater quality of care. Additionally, care that is concentrated on the family helps reduce feelings of stress and worry for the kid as well as for the family at large. Creating an atmosphere of trust and collaboration, which in turn fosters a sense of security and confidence, is accomplished by healthcare practitioners through the participation of families in the decision-making and care planning processes. The support that is provided

extends beyond the confines of the hospital, making it possible for families to deal with the difficulties that come with maintaining their child's health at home.

The Importance of Family Involvement

When families are involved in the healthcare process, it is possible to take a more holistic approach to understanding the child's medical history, preferences, and specific requirements. Families frequently take on the role of primary caregivers and play an important role in the day-to-day management of chronic diseases, the administration of medication, and the recovery processes. Through the involvement of families, medical professionals are able to acquire vital insights that help to the development of more effective treatment programs and improved health outcomes.

In the field of pediatric nursing, family-centered care (FCC) has become increasingly popular. This approach places an emphasis on the collaborative role that families play in the healthcare process. The purpose of this literature review is to provide a synthesis of the most important findings from research studies, theoretical frameworks, and clinical recommendations that highlight the significance of family-centered care (FCC), the difficulties associated with its implementation, and the effective techniques for increasing household participation in pediatric care.

Theoretical Frameworks Supporting Family-Centered Care

Multiple theoretical models serve as the foundation for the ideas that drive family-centered care. The "Family Systems Theory" is a key concept that proposes that it is impossible to have a complete understanding of a child's health without taking into account the dynamics and interactions within the family that have an effect on the child's development and well-being (McDaniel et al., 2007). This theory reaffirms the notion that families are an essential component of the child's healthcare experience and that they must be actively involved in participating in the process.

Impact of Family-Centered Care on Health Outcomes

It has been demonstrated over and over again via research that FCC has a positive impact on the health outcomes of pediatric populations. According to the findings of a comprehensive systematic review conducted by Cramer et al. (2019), children who receive care in settings that are centered on the family enjoy lower levels of anxiety, increased levels of satisfaction, and enhanced adherence to treatment regimens. Furthermore, a study conducted by Kuo et al. (2011) discovered that the inclusion of family members in the decision-making process regarding care considerably improved the management of chronic illnesses such as asthma and diabetes, which resulted in a reduction in the number of readmissions to the hospital.

Barriers to Implementation

Despite the fact that FCC has many advantages, multiple studies have found that there are obstacles that prevent it from being effectively implemented in hospital settings. In a qualitative study conducted by Garrison et al. (2020), the authors found that healthcare personnel frequently encounter time limits and workload challenges that make it difficult for them to engage meaningfully with their families. According to the findings of the study, another factor that contributes to the difficulty is a lack of training in communication methods that are required for communicating with families. A significant part is also played by the culture of the organization; environments that do not place a high priority on family involvement may, unintentionally, diminish the voices of family members in the process of providing care (Thompson et al., 2017).

Strategies to Enhance Family-Centered Care

The research literature proposes a number of different approaches to improve FCC in pediatric nursing. By way of illustration, McAllister et al. (2021) propose for the implementation of organized family participation programs that incorporate family advisory councils and feedback mechanisms. Because of these activities, open communication is encouraged, and families are given the opportunity to discuss their experiences and offer suggestions for enhancing treatment.

Education and training for those who work in the healthcare industry are also quite important. Carter et al. (2018) conducted a study that highlighted the need of providing nurses with training in FCC principles. This training should include effective communication tactics and strategies for integrating families in the decision-making process regarding care. Through the incorporation of FCC training into nursing courses, it is possible to facilitate the development of a workforce that places an emphasis on family participation from the very beginning of their employment.

Mary Anbarasi Johnson (2023) Pediatric nurses that practice family-centered care regard the family as an essential and cooperative element of their child's healthcare team. They also make an effort to include the perspectives, beliefs, and capabilities of family members into treatment plans. The notion that a child's family plays a significant part in determining their health and happiness, as well as the reality that their involvement is necessary in order to achieve the desired outcomes, is taken into consideration by this approach. Pediatric nurses need to be given the ability to provide care that is focused on the family in order to make it more effective.

Gitte Mikkelsen (2021) Through the presentation of this research, a concept study of nursing care for hospitalized children with an emphasis on the relatives of those children is offered. The term "family-centered care" refers to a strategy that makes an effort to include the family in every aspect of the care process. Earlier studies have focused on the general use of the phrase as their topic of investigation. A growing number of research publications are using the concept, but there does not seem to be a great deal of consistency in the manner in which they do so. Twenty-five research papers were chosen from a bigger pool of literature that comprised articles published between the years 1951 and 2009. An examination of the theoretical concept was carried out in order to evaluate the structure of the idea as well as the amount of scientific progress it has. In addition to being influenced by Risjord's distinction between theoretical and colloquial analyses, this analysis was also influenced by the concepts that were presented by Morse, Hupcey, and Penrod. Although there is a lack of clarity on the subconcepts that describe the concept's distinguishing properties, there is a general agreement over those characteristics.

Linda Shields (2022) When it comes to planning, providing, and evaluating therapy in a way that is focused on the family, medical professionals, patients, and their families all work together in a collaborative effort that is mutually beneficial. Since it is intuitively regarded to be the most successful method to hospital care for children, this paradigm is often used in the field of paediatrics since it is frequently employed. Having said that, there is no evidence to support its effectiveness. In order to identify whether kind of pediatric care is more effective for children (with the exception of premature neonates), the objective of this study was to examine the similarities and differences between family-centered approaches and standard pediatric care models. These are the inclusion criteria: The quasi-experimental scope of the review included research that involved children aged 0 to 12 years old, as well as their families and any healthcare practitioners that were involved. Interventions in education and the environment, as well as policies and support that are oriented on families, communication, and inclusivity, were all utilized. There were three different groups that were taken into consideration for the outcomes: the child, the parent, and the workforce.

Wendi Smith (2018) The purpose of this concept study is to provide an overview of family-centered care for pediatric hospitalized patients, specifically focusing on its components and the relevance of those components to nursing practice and research. More than sixty years have passed since the concepts of family-centered care in hospitals were first discussed in the literature; nonetheless, they are still not generally understood or used in the healthcare industry. The inclusion of this concept into contemporary nursing practice might be encouraged by doing further study into it, which would raise awareness and shed light on the essential characteristics. The locations from which the data was collected: Following the examination of a large number of resources, a comprehensive list of 37 websites was compiled. Each of these websites had a wealth of information that was both pertinent and helpful.

Marie Abraham (2022) A formal presentation of the concepts of pediatric care that places an emphasis on the family was made for the first time in the year 1987. In addition to seeing the family as a child's constant, they argued for the inclusion of the family in the care and decision-making processes. Certain pediatric settings have had exceptional success in building what is now known as patient- and family-centered care by integrating the rising autonomy of older children and adolescents into treatment at every step, from the bedside to the boardroom. This has allowed these settings to take advantage of the growing autonomy of these students. Nevertheless, in other circumstances, the progress that has been made has been, at best, limited. This article, which is the first of two that will be written on patient- and family-centered care, focuses on pediatric health care and how to overcome difficulties that must be addressed in order to adopt it. This section discusses the organizational and mental obstacles that must be overcome in order to implement this approach, describes what has been successful for businesses that have implemented it, and touches on the role that nurses play.

Siobhán O'Connor (2019) The absence of a definition that is acknowledged all across the world makes its different applications even more complicated. Techniques and the Design The use of concept analysis as a means of enhancing nursing knowledge is widely acknowledged to be an efficient approach. We used the framework of evolutionary concept analysis that was developed by Rodgers (2000). As a result of the comprehensive literature search, thirty theoretical papers were retrieved, and a Prisma Flow Diagram was created to synthesize these publications. The Completed Item Parent engagement, negotiated care, partnership-in-care, and care are some of the other terms that have been acknowledged as valid alternatives. FCC is characterized by a number of characteristics, including the participation of parents in the care process, the establishment of trustworthy relationships founded on mutual respect, the sharing of pertinent information, and the engagement of all members of the family as recipients of care. Although there is some evidence to suggest that family-centered care (FCC) improves hospital experiences for children, parents, and families, it also helps parents feel less apprehensive about their children's hospitalization.

RESEARCH METHODOLOGY

This section provides an overview of the research technique that was utilized in order to investigate the efficacy of family-centered care (FCC) in pediatric nursing programs that are located within hospital settings. To achieve its goal

of providing a full understanding of FCC practices, challenges, and facilitators, the study utilized a mixed-methods approach, which included the integration of both quantitative and qualitative research methods.

Research Design

The research was conducted using a design known as concurrent triangulation, in which qualitative and quantitative data were gathered simultaneously but processed in a separate manner. This technique made it possible to combine numerical data with personal experiences, which resulted in a more nuanced understanding of the impact that family-centered care has on pediatric patients and the families of those patients.

Population and Sample

In the course of the research, participants from three different hospitals were asked to participate. These participants included pediatric nurses, pediatric physicians, and family members of pediatric patients. For the purpose of selecting participants who had prior expertise with FCC procedures, a technique known as purposive sampling was developed.

This is what the sample included: Aspects of Quantitative Value A standardized questionnaire was used to conduct a survey with a total of 150 healthcare professionals. The purpose of the study was to evaluate the opinions of these professionals regarding FCC, perceived hurdles, and strategies for improvement. The Component of Qualitative For the purpose of gathering comprehensive, contextual data on their experiences and insights regarding family engagement in care, in-depth interviews were performed with twenty family members of pediatric patients and ten pediatric nurses.

RESULTS AND DISCUSSION

In this section, the most important findings from the quantitative and qualitative aspects of the study are presented, and the implications for family-centered care (FCC) in pediatric nursing are discussed.

Quantitative Results

Responses were gathered from a total of 150 healthcare professionals through the survey. It was found that there were different levels of awareness and execution of family-centered care concepts, as evidenced by the results.

Table 1: Perceptions of Family-Centered Care held by Professionals in the Healthcare Industry (N = 150)

Perception Statement	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)
FCC improves patient outcomes	45	35	15	5
Families should be involved in care decisions	60	25	10	5
There are barriers to implementing FCC in practice	40	30	20	10
I feel adequately trained to engage families	30	40	20	10

The FCC's perceptions of itself Over eighty-five percent of respondents were in agreement that FCC improves patient outcomes, which indicates that there is a significant acknowledgment of the significance of this. However, only seventy percent of respondents said that they had received sufficient training to properly involve families, indicating that there is a huge room for growth.

Objections to the FCC A little over seventy percent of those who participated in the survey admitted that there were obstacles to the implementation of FCC. These obstacles included time restrictions and poor communication tactics.

Qualitative Results

The qualitative interviews offered a more in-depth understanding of the experiences of both family members and healthcare professionals in relation to family-centered care than the quantitative interviews did. Engaging with One's Family It was emphasized that being educated and engaged helped lessen the worry that family members had while their kid was in the hospital.

Family members reported a great desire to be involved in the care of their child. A parent made the following observation: "When the nurses took the time to explain things to me, I felt more at ease and was able to support my child that much more." The Perspectives of Nurses The issues that pediatric nurses have in reconciling the demands of their job with the involvement of their families were brought to nurses' attention. In the words of a nurse, "I am aware that it is essential to involve families; however, there are times when it seems as though there is simply not enough time in the day."

Demographics of Participants

The poll was completed by a total of 150 professionals working in the healthcare industry. Below is a summary of the demographic features of the individuals that responded to the survey:

Table 2 Demographics of Participants

Demographic Variable	Frequency (N = 150)	Percentage (%)
Gender		
Male	45	30
Female	105	70
Professional Role		
Pediatric Nurse	90	60
Pediatrician	30	20
Allied Health Professional	30	20
Years of Experience		
Less than 5 years	50	33.3
5 to 10 years	60	40
More than 10 years	40	26.7

The FCC's perceptions of itself A substantial majority of healthcare experts, specifically eighty percent, admitted that FCC increases patient outcomes, which indicates that they have a solid awareness of the organization's advantages. In addition, 85 percent of respondents believed that families should be included in the decision-making process about care. Vacancies in Training: The fact that only seventy percent of respondents believed they had received appropriate training to successfully engage families suggests that there is a need for improved education and training programs.

Identified Obstacles Seventy percent of the participants acknowledged the existence of obstacles while attempting to implement FCC. The most often reported obstacles were time limits and difficulties in communicating with one another.

DISCUSSION

The results of this study highlight the substantial importance of providing care that is oriented on the family in the field of pediatric nursing. The fact that healthcare professionals have good impressions of FCC is encouraging; nevertheless, the fact that hurdles are acknowledged demonstrates the necessity of specific interventions. Education and Training programs Given the training deficit that was brought to light by the study, it is clear that there is a requirement for improved educational programs that are centered on FCC principles. It is possible to enable healthcare practitioners to involve families in the care process in a more effective manner by providing them with training concerning good communication and techniques for family engagement. The Overcoming of Obstacles Taking action to overcome the obstacles that have been identified, such as time limits, is absolutely necessary for the successful implementation of FCC. It is possible that hospitals may take into consideration the implementation of team-based care models that provide a greater degree of shared tasks, so releasing nurses to interact with families. Improved Ability to Communicate It is of the utmost importance to have open lines of communication between families and healthcare providers. An increase in family satisfaction and a decrease in feelings of isolation during hospitalization can be achieved through the provision of regular updates and participation in decision-making processes.

CONCLUSION

Research like this shows that family-centered care (FCC) is a game-changer when it comes to pediatric nursing and the health outcomes that kids get. While most medical staff are aware of FCC's advantages and the need of family involvement in patient care, the results show that there are still major obstacles to its successful implementation in healthcare facilities. Most medical experts agree that family participation in care decision-making is crucial, and that FCC improves patient outcomes. The importance of include families in healthcare is well acknowledged, and this highlights that. In spite of the good reviews, many doctors and nurses felt unprepared to talk to patients' families. This demonstrates a major need for new training programs and calls for educational campaigns centering on FCC principles and communication tactics. Inadequate communication tactics and limited time were two of the many obstacles to FCC implementation that the report highlighted. In order to create a setting where families feel empowered to actively engage in their child's care, it is essential to address these hurdles. Healthcare organizations may do a better job of putting families first in pediatric care by investing in staff training, creating transparent communication procedures, and enacting policies that encourage family participation in decision-making. By putting these principles into action, we can enhance the health outcomes for pediatric patients and make healthcare providers and families happier. In conclusion, healthcare providers clearly value family-centered care, but there has to be continuous work to close the gap between

theory and practice. Pediatric nursing may improve healthcare for patients and their families by responding to the highlighted issues and stressing the need of family participation in meeting patients' and families' holistic needs.

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