The Effectiveness of Audio-Tactile Teaching Method in the Hand and Oral Hygienic Practices of Visually Impaired School-Aged Children

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ABSTRACT

Introduction: Visually impaired school-aged children are less likely to have better hygiene practices compared to their normally sighted peers due to reduced ability for self-care secondary to their condition. On one hand, audio-aids were found useful in doing health education as this is an effective medium in teaching them and also acquisition of information is easy. Tactile teaching, on the other hand, help the visually-impaired in perceiving things since they cannot view their surroundings effectively. This study aimed to improve and promote better oral and hand hygiene practices, increase awareness and foster independence among the visually impaired children.
Methods: Seventeen visually impaired children in Metro Manila were purposively chosen for this a Pre-experimental. A pre-test was done prior to the intervention was evaluated by the SpEd teachers with the tool provided to see the usual technique, timing, frequency and duration of the children's hand and oral hygiene practices. Instructions on the proper technique, timing, duration and frequency of both oral and hand hygiene were implemented with audio-tactile teaching by verbally directing and guiding the child's hands through touch. These practices were assessed by SpEd teachers to ensure uniformity. Pre Test and Post Test scores were compared using Paired T-Test. Audio-tactile method was done by letting the child be familiarized with the steps as the researcher orally elaborated the step-by-step procedure in the language that they understood, while simultaneously guiding the child by holding their wrists and hands and letting them hold the material.
Results & Conclusion: The weighted mean of post-test scores were higher compared to that of the pre-test scores with a computed p-value for both indicating a significant difference between the two variables. Additionally, the audio-tactile teaching method in teaching oral and hand hygiene to visually impaired school-aged children was found to be effective in terms of promoting the proper technique, correct timing, increased frequency and an appropriate duration. This also improved their independence on doing their hygiene practices and may aid them in the prevention of dental caries and acquisition of infections.

Keywords: *Audio-Tactile, Visually Impaired School-aged Children, Oral Hygiene, Hand Hygiene, Filipino*