

STRESS IN CAREGIVERS OF CHILDREN WITH CLEFT LIP AND PALATE SUBMITTED TO CHEILOPLASTY AND PALATOPLASTY SURGERIES

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OBJECTIVE: To identify the symptoms of stress in caregivers of children with cleft lip and palate in the perioperative period of primary surgery of cheiloplasty and/or palatoplasty. **METHOD:** Cross-sectional descriptive study with a quantitative approach performed in the inpatient unit of the Hospital for Rehabilitation of Craniofacial Anomalies. The sample consisted of 20 caregivers whose children were in the perioperative period of cheiloplasty and/or palatoplasty. Data collection occurred in May 2013. The Inventory Stress Symptoms for Adults (ISSL) was used as instrument for data collection. The ISSL aims to objectively identify the symptoms of stress, either of somatic or psychological type, and the phase in which it is (alarm, resistance, exhaustion and near-exhaustion). It consists of questions regarding symptoms observed in the four stages of stress, where the subject points to the symptoms experienced in the last 24 hours, last week and last month. Data were subjected to descriptive statistical analysis. **RESULTS:** The sample was composed exclusively of mothers (100%), mean age 27 years, completed high school (65%) and low socioeconomic status (55%). There was predominance of symptoms of psychological stress (70%) in the resistance phase (45%). **CONCLUSION:** The surgical procedure involved mothers, high stress levels, mainly in the psychological sphere. The development and implementation of interventions to minimize this outcome are fundamental.