



JobFit-Training for career-choice and employability of adolescents and young adults (16 - 26 years) with corrected congenital heart defects

Freudenthal, Erika (1); Heath, Alexandra (1); Guzman, Regina (1); Sticker, Elisabeth (2)

(1) Kardiocentre, La Paz

(2) Department of Psychology, University of Cologne

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Introduction

Adolescent and young patients with corrected congenital heart diseases have some disadvantages – like most patients with chronic illnesses, and need special training for occupational choice, career insertion and employability.

This is especially the case for patients growing up in countries as Bolivia, where the chances for surviving major CHD have increased only recently.

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Objective

**Improve personal and employability skills
to activate new social roles in patients.**

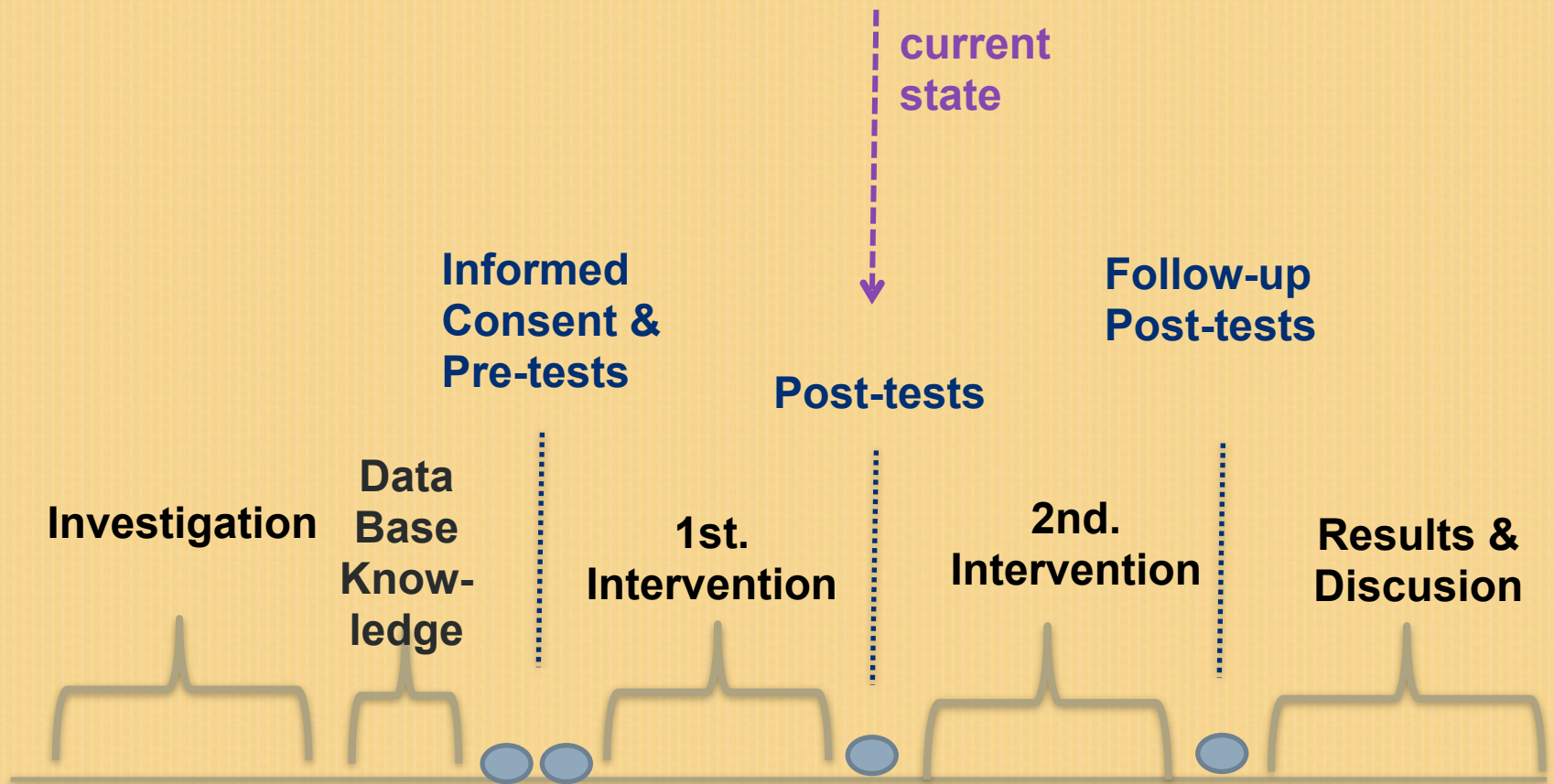
Instead of being a load for their families, they can become active social members, who help and even may work and support financially their families.

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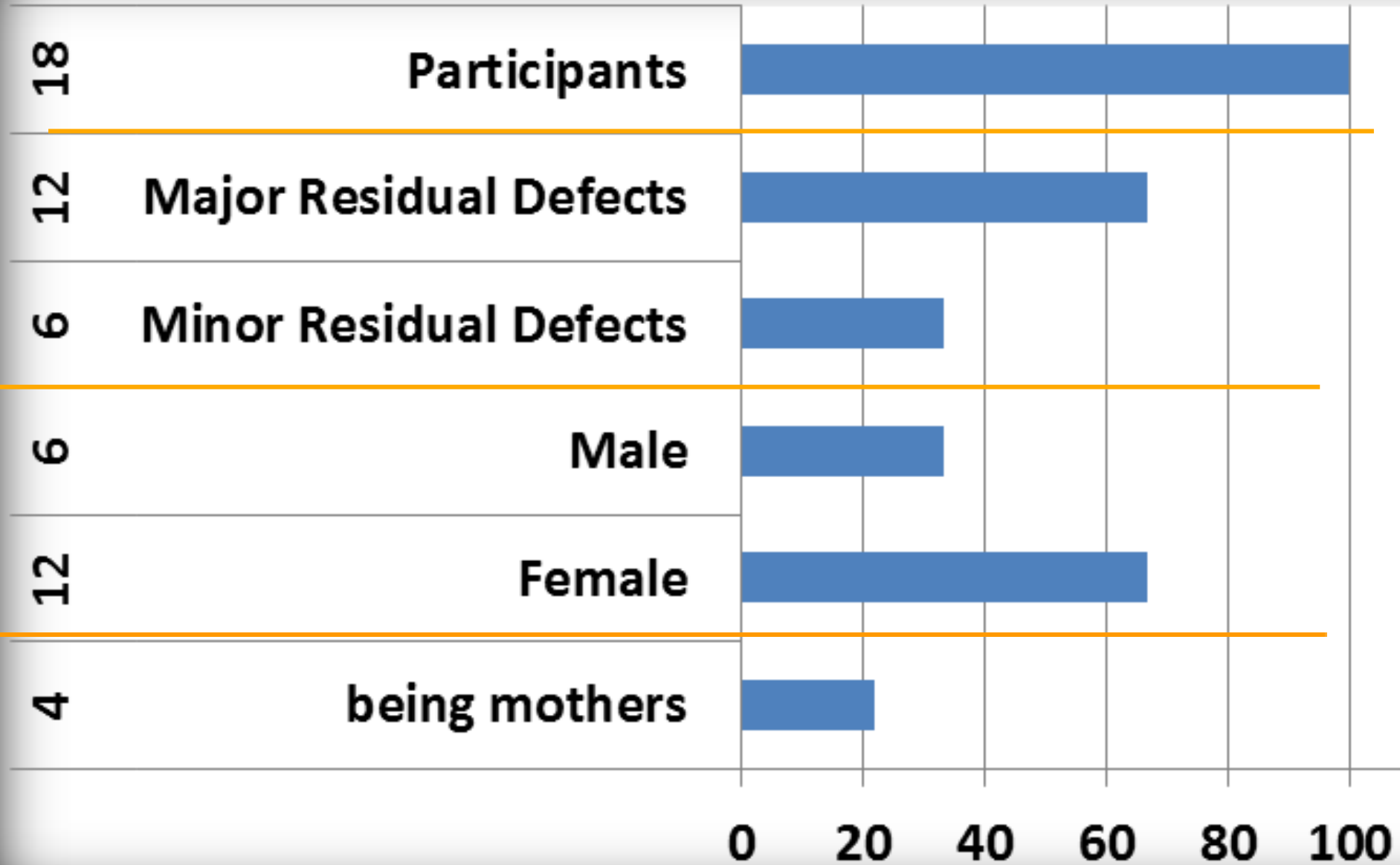
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Methodology and Phases of research

Empirical, quasi experimental study



CHD Patients



Sampling criteria

Sampling is casuistic, intentional, nonrandomized, non-probabilistic.

The sample is extracted by sampling technique Knowledge Data Base.

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Inclusion

Patients whose congenital cardiac defects were been treated via percutaneous cardiovascular catheterization or via surgery.

Willingness to sign the informed consent form.

Patients aged from ≤ 16 until ≥ 26 years.

Instruments

pre

- **Categorization method of major and minor postoperative result (Schickendantz, 2007).**

pre-post

Questionnaire: multi methodological diagnostics (Mühlich, Petermann, 2006).

pre

Cardiac Quality of Live inventory (Marino, 2008).

General Interest Structure Test / Environment Structure Test

Program / Workshop

Self-knowledge and Life Skills

- Self-efficacy and life planning
- Self-regulation
- Coping strategies
- Decision making

Occupational selection and life Project

- Job aspirations
- Personal characteristics, interests and values
 - Concretize occupational choices

Employability

- Advantages and disadvantages of working
 - Strategies of finding a job
 - Preparation of curriculum vitae and cover letter
 - Application for employment training

Results

Wilcoxon Test

	Z	Asymp. Sig. (2-tailed)
e1b - 1. Puedo encontrar la manera de obtener lo que quiero aunque alguien se me oponga	-2.032	0.042
e3b - 3. Me es fácil persistir en lo que me he propuesto hasta llegar a alcanzar mis metas	-1.342	0.180
e4b - 4. Tengo confianza en que podría manejar eficazmente acontecimientos inesperados	-1.890	0.059
e5b - 5. Gracias a mis cualidades y recursos puedo superar situaciones imprevistas	-1.511	0.131
e7b - 7. Si me encuentro en una situación difícil, generalmente se me ocurren qué debo hacer	-2.032	0.042
e9b - 9. A pesar de muchos obstáculos, por lo general, soy capaz de manejar las situaciones y lograr lo que me he propuesto	0.000	1.000
Post - Pre	-2.675	0.007

a. Based on negative ranks.

b. Based on positive ranks.

c. The sum of negative ranks equals the sum of positive ranks.

d. Wilcoxon Signed Ranks Test

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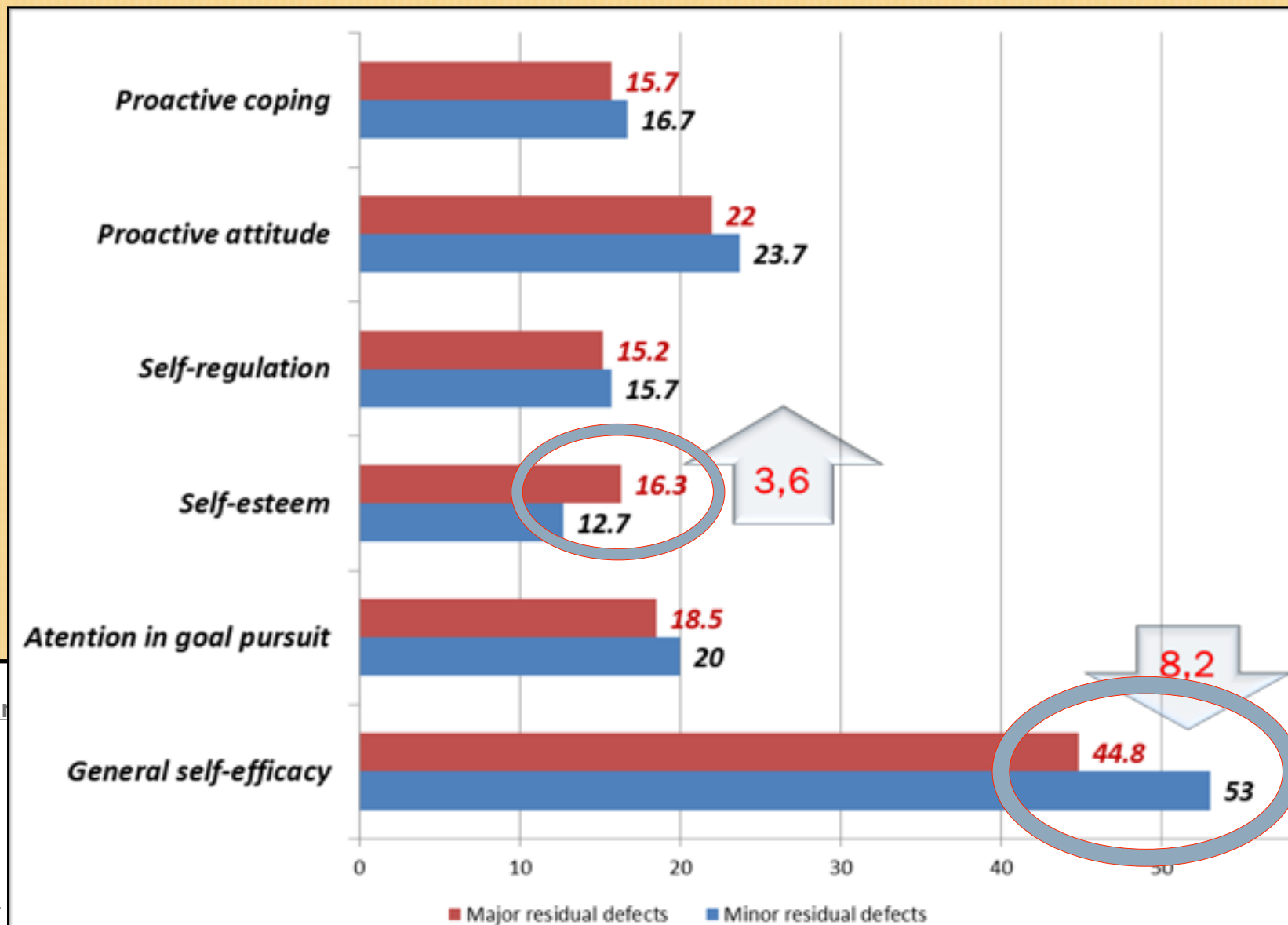
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Alternative hypothesis (Ha). There is significant difference between the measurement variables of the E1, E3, E4, E5, E7, E9 before and after the intervention.

When the ranks are $\leq 0,05$ we reject the Ho.

Null hypothesis (Ho). No significant difference between the measurements before and after intervention program, this is due to chance.

Results



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Conclusions



The program works better with patients who:

- (a) have higher IQ scores,
- (b) graduated from high school,
- (c) know themselves better and are more realistic,
- (d) have information & communication technology ICT competencies,
- (e) get support from their families
- (f) have someone who can pay their studies.

Mothers have more difficulties because of cultural traditions.

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The interferences for their performance are:

- (a) low reading comprehension niveau,
- (b) psychic self limitations,
- (c) cognitive and emotional blocks,
- (d) financial limitations,
- (e) absence of family or social networks,
- (f) other congenital defects,
- (g) other personality disorders.

Final question

- Wy is it that the scores of self-esteem were in severe CHD higher?
May it be related to the over-protection?

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**Self-efficacy is the belief in
one's performance capabilities.**

**"Whether you think that you can or you can't,
you're usually right."
Henry Ford**

**A JobFit-Training may be helpful for
CHD-patients, especially for those with
severe postoperative results.**