2-hour interactive workshop for family caregivers followed by weekly instruction with postcard for 12 weeks reduced burden of caregivers and improved behavioral psychological symptoms of dementia (BPSD) of care receivers

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CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of interest to report.
Background

Dementia is a syndrome with deterioration in memory, thinking, behavior and the ability to perform everyday activities.

47 millions people are living with dementia.

Newly diagnosed 9.9 millions each year.

Overwhelming for the family and caregivers.

http://www.who.int/mediacentre/factsheets/fs362/en/
Objectives:

to evaluate effectiveness of Multimodal comprehensive care methodology

Family caregiver;
Burden of the care by Zarit burden scale

People with dementia;
behavioral psychological symptoms of dementia (BPSD) by Behave-AD scoring
Study design: single arm pre-post

Family caregivers taking care of homebound elderlies > 65yo

Pre-evaluation
Family: Zarit Burden Scale  Elderlies: Behave-AD

Interventions
1: 2 hours workshop for family caregivers
2: weekly postcards about communication instruction

Post-evaluation
Family: Zarit Burden Scale  Elderlies: Behave-AD
Education to family with video and workshop

Comprehensive multimodal care methodology; “Humanitude” is based on the 4 communication modalities; gaze, speech, touch and support of standing up.

All the communication is conducted by 1 sequence consisted with 5 steps.

It has 40 years experience in France, created by Yves Gineste and Rosertte Marescotti
Bad example

Our suggestion

Open source video in youtube: https://www.youtube.com/channel/UCHopS0wOt0R9lun1ZH5fpLg
Postcard #8
Multimodal communication with gaze, speech and touch
Result

Participants:
145 family caregivers (average age 58.2 +12.6)
145 care receivers (average age 83.0+7.7)

Care receivers:

- Alzheimer 49.0%
- Vascular 6.9%
- Lewis Body 6.9%
- Cognitive impaired but not diagnosed yet 31.7%
- Others 8%

N=145
Result

Caregivers’ burden

Repeated 1 way ANOVA;  N=118

BPSD

BEHAVE-AD

p<0.001
Discussion

As geriatric population increase, the burden of family caregivers are growing. This simple communication methodology called “Humanitude” is concise and easy to learn.

Weekly postcards were simple and positively accepted by family and they tried perform the point of the communication.

Significant reduction of caregiver`s burden and improvement of BPSD were noted.
Conclusion

2-hour interactive workshop of multimodal comprehensive care methodology “Humanitude” followed by 12 weekly postcard instructions is effective to reduce the burden of family caregivers and to improve BPSD of care receiver.