Effect of a program for family caregivers with close relatives in Nursing Home (NH)

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CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of interest to report
Caregivers with close relatives in Nursing homes (NH)

Feeling of caregivers (Givens & al 2014)
- Inadequate personal care
- Lack of communication with NH professionals
- Challenges of surrogate decision making
- Anxiety and stress

Needs for:
- Emotional support
- Education regarding prognosis
- Better communication with professionals

Promising interventions in the literature (Shultz et al, 2014)
Objectives: Help caregivers understand:
- Disease & institution caring management
- Their own role

1 course = 7 sessions
2 hours/week
10 - 15 caregivers

- Neurodegenerative disease & outcome
- Nutrition & NH solution
- Caregivers feelings linked to relative in NH
- Institution caring management & resident day schedule
- Caring until death
Caregivers Assessment

Pre and Post with a mixed method

Quantitative

- CADI: Carers Assessment of Difficulties Index (Nolan et al 1998)
- CASI: Carers Assessment of Satisfaction Index
- CAMI Carers Assessment of Managing Index
- Competency Feeling Questionnaires

Qualitative

- Interviews (Braun & Clarke)
Results

- 7 Courses
- 16 Nursing homes
- 15 professionals
- 430 Followers

- 80 Caregivers
- Mean age 67
- 76% Women
- 5 drop-out
### Results CADI CAMI CASI

**Ex CADI**

<table>
<thead>
<tr>
<th>NA for me</th>
<th>Not stressing</th>
<th>Stressing</th>
<th>Very stressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

- % ans 0 > 50% ➔ Scarce Difficulty
- % Σ ans 1, 2 et 3 > 50% ➔ Occurring difficulty
- Σ Rep 1, 2 et 3
- Moy Σ ans 123 > 2 ➔ Stressing Difficulty
- % Σ ans 1, 2 et 3 > 50% ➔ Occurring difficulty

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CADI: Difficulties for caregivers

**PRE**

- Health professionals not understanding
- Financial difficulties
- Not enough help
- Free time
- Pause
- Holiday

**POST**

- Culpability
- Real relationship
- Sleep Quality

**Program**
CASI: Care and managing strategies

Pre = Passive

Accept situation

Patient ☒ responsible

Live day after day

Boost mind drinking & smoking

Program

Search for positive

Change one’s mind reading

Anticipate by planning

Post = Involving

Boost mind drinking, smoking

Participate in support group

Calm down swimming, walking
CAMI: Caregiver Satisfaction

PRE

Give pleasure
Maintain dignity
Help = expression of love

POST

Program

Give pleasure
Maintain dignity
Help = expression of love

Find small improvements
Interests & contacts
Competency feeling Questionnaire

- Satisfied with contact with patient
- Patient does not ask more than needed
- I can leave the person alone
- I do all that I must do
Qualitative analysis

• Better understanding of:
  – Nursing home caring management
  – Disease: Cognitive & behavioural disorders

• Improvement of:
  – Communication with health professionals
  – Relationship with relative

• Decrease of emotional pain
Discussion

• Limits: no randomized control trial
• Advantages
  – 1st program in France for caregivers with relatives in institution
  – Codevelopment with caregivers to meet their needs
  – Partnership between health and social professionals
  – Dissemination in Paris suburbs, Bayonne, Lyon
Thank you