

# Contributions of a Nursing Intervention for the Family Caregivers of Elderly Person with Dependence at Home

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## REASONING

The caregiving can be stress generator with repercussions on the physical and emotional health of the caregivers (Leone et al., 2013). It is therefore important to develop interventions with the caregivers (CF) to maintain health and improve your well-being (Au, A. et al., 2015). The model of care proposed by B. Neuman gives guidance to understand the stressors experienced by CF (Russel, J, Hileman, J. & Grant, J. ;1995) and promote interventions that according Ducharme, Dubé, Lévesque, Saulnier & Giroux (2011) the most effective are the psychoeducational type.

## OBJECTIVE

evaluate the effect of an individual nursing intervention based on a psychoeducational program for stress management, to raise the level of well-being of the CF of the elderly person with dependence at home

## METHOD

### ➤ Study

Quasi-experimental

### ➤ Participants

CF recruited in UCC of a ACES (SRSLVT)

### ➤ Data collection tools

Questionnaire and Scale CES-D (Radloff, 1977) evaluates depressive symptoms

### ➤ Procedures

- Pre-intervention T1

Abstract of the research project presented at International Meeting of Doctoral Students in Nursing of Universidade de Lisboa, May 2016.

- Nurses training according manual.
- Obtain informed consent for the participation of CF and nurses.
- Application of instruments to CF
- CF distribution not randomized to an Experimental Group(GE) (n=20) or a Control Group (GC)(n=20).

### Intervention

Each CF GE received support and guidance, the case manager nurse, according psychoeducational program from Ducharme, Trudeau, & Ward (2008) (5 visits 30-45min).

Each CF GC received the usual nursing care.

- Post-intervention T2

Application of instruments to CF two months later.

### RESULTS

CF GE care for older people with a higher level of dependence, have a higher percentage of time in care (years and hours / day) that the CF GC.

The nursing intervention showed that despite the slight decrease in depressive symptoms this was not representative in CF GE, according nonparametric Mann-Whitney test ( $p = .095$ ).

The results are in agreement with the study kajiyama, B et al (2013) in which the psychoeducative online intervention program to reduce stress related symptoms caregiver has not improved the level of depressive symptoms using scale CES- D. The authors argue that the more effort spent in providing care for CF, they show less improvement in depressive symptoms.

### Limitations:

Distribution not randomized; time management constraints in with the nurses.

### CONCLUSION

The nursing intervention contributes to the improvement of depressive symptoms of CF, although not statistically representative.

The appreciation of the “stressors” in the CF will allow nurses can intervene preventively. The gravity data reveals health problems that require CF be investigated in future studies.

**Keywords:** nursing Intervention, family caregivers, elderly with dependence, psychoeducational program, wellbeing.

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