



A STUDY TO ASSESS THE EFFECTIVENESS OF AN AWARENESS PROGRAMME ON KNOWLEDGE ABOUT DEMENTIA AND IT'S HOME CARE AMONG CARE-GIVERS VISITING SELECTED OUTPATIENT DEPARTMENTS IN TERTIARY CARE HOSPITAL OF METROPOLITAN CITY.

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ABSTRACT

Background:

Dementia affect the caregivers as much as the patient or more. This causes disruptions in family routines and wellness of the family. Hence, it is strongly recommended for the caregivers to seek immediate help from professionals or experts in dementia care to gain further educational information on how to care for your loved ones and also on the various types of care that may be required.

It is essential that care-givers should have appropriate knowledge and should be able to analyze needs of the dementia patient at home in order to make independent decisions regarding day to day care, to assist them in life process as well as to preserve their own mental health.

Methodology:

A pre experimental method was undertaken where 100 caregivers of dementia patient visiting selected outpatient departments in tertiary care hospital of metropolitan city were recruited as sample by non-probability convenient sampling method. Using structured questionnaire for knowledge (30 questions) data was collected. Data analyzed using both descriptive and inferential statistics to describe and show the association between knowledge and the variables.

Result:

The study resulted that in pre-test 67% of the caregivers had poor knowledge (score 0-10) and 33% of caregivers had average knowledge (score 11-20) while in post-test 1% of the caregivers had poor knowledge (score 0-10), 37% of them had average knowledge (score 11-20) and 62% of them had good knowledge (score 21-30) regarding dementia and its home care. The comparisons of the pre- test and post- test means of the knowledge were done by the paired t test. Average knowledge score in pre-test was 9.3 which increased to 21.3 in post-test. t-value for this test was 47.6 with 99 degrees of freedom. Corresponding p-value was small (less than 0.05) the null hypothesis is rejected. Knowledge score in post-test was significantly high as compared to that in pre-test.

Conclusion:

The knowledge among caregivers regarding dementia and its home care improved significantly after an awareness program regarding dementia and its home care and it is recommended that frequent awareness programmes has to be arranged for caregivers of dementia patients.

Key word: - Awareness programme, Dementia, Home care, Caregivers.

INTRODUCTION

Dementia is a collective term used to describe the problems that people with various underlying brain disorders or damage can have with their memory, language and thinking.

Dementia is the most feared and devastating disorder of late life. Current estimates reveal that there are about 18 million cases of dementia in the world and there will be about 34 million suffering from dementia. The overall prevalence of dementia ranges from 5 percent to 7 percent. Alzheimer's disease is the most common dementing disorder accounting for 80 percent of all cases of dementia. The number of people with dementia is steadily increasing. Alzheimer's Society believes that careful planning for the future is needed now to ensure that the right care and support is available.

BACKGROUND OF THE STUDY

Alzheimer's disease, vascular disease, front temporal dementia are the best known and most common disorders under the umbrella of dementia.

A study conducted by Eters L, Goodall D, Harrison BE. on caregiver burden among dementia patient caregivers to identify current evidence of factors influencing dementia-related caregiver burden (CB), describe patient and caregiver characteristics associated with caregiver burden, and describe evidence-based interventions designed to lessen the burden of caregiving. Dementia caregiving has been associated with negative effects on caregiver health and early nursing home placement for dementia patients. Many factors influence the impact of the caregiving experience such as gender, relationship to the patient, culture, and personal characteristics. Although various interventions have been developed with the goal of alleviating caregiver burden, evidence suggests that individually developed multicomponent interventions including a diversity of services will decrease burden, improve quality of life, and enable caregivers to provide at-home care for longer periods prior to institutionalization. The ability to properly assess the dementia patient-caregiver dyad related to caregiver burden was critical to decreasing its negative physical and psychological health outcomes. Appropriately tailored interventions can improve the health and well-being of both caregiver and patient.

Therefore it is essential that care-givers should have appropriate knowledge and should be able to analyze needs of the dementia patient at home in order to make independent decisions regarding day to day care, to assist them in life process as well as to preserve their own mental health.

NEED FOR THE STUDY

There is a rich epidemiological evidence based on dementia in India which shows that this neurodegenerative condition is an important public health problem, particularly in the context of the rapid demographic transition in many parts of the country.

Research has shown that most people with dementia, and their caregivers, have significant unmet health and social welfare needs. Due to the great shortage of health care resources and the low levels of awareness about dementia, interventions addressing the needs of the people should be home based and directed at improving quality of life of the person with dementia and the caregiver.

In India the prevalence of dementia was 33.6 per 1000. Alzheimer's disease was the most common type (54%) followed by vascular dementia (39%), and 7% of cases were due to causes such as infection, tumor and trauma. Family history of dementia was a risk factor for Alzheimer's disease and history of hypertension was a risk factor for vascular dementia. Despite mortality due to communicable diseases, poverty and human conflicts, dementia incidence is destined to increase in the developing world in tandem with the ageing population. According to the Alzheimer's disease International (ADI) Delphi consensus study, by 2040, 71% of all people with dementia will be living in developing countries. It is estimated that there are about 3.2 million people with dementia in India (compared with 2.9 million in the USA). This number is likely to increase by 300% in the next four decades.

As per the estimates of the World Health Organization, aging population is increasing in developing countries and dementia is going to become epidemic among elderly in the coming decades which needs early action to prevent the disease and treatment of the affected persons in developing countries. The need of the hour to tackle dementia in India is to estimate disease burden in the community, search for risk and protective factors of dementia, and undertake measures to provide social benefits to the sufferers and those who are at risk. Raising awareness among the public and general physicians is an important task ahead. In India, there is lack of good longitudinal studies which can provide true trend of the disease and determine risk factors, paucity of basic and clinical researches on dementia, poor awareness, and inadequate availability of social benefit.

The study is aimed at assessing the effect of an awareness programme for care givers of dementia patients.

PROBLEM STATEMENT

“A study to assess the effectiveness of an awareness programme on knowledge about dementia and its home care among care-givers visiting selected outpatient departments in tertiary care hospital of metropolitan city.”

OBJECTIVES OF THE STUDY

1. To assess the existing knowledge regarding dementia and its home care among care-givers.
2. To assess effect of an awareness program regarding dementia and its home care among care-givers.
3. To find out the association between knowledge regarding dementia and specific demographic variables among care-givers.

HYPOTHESIS:

H₀: There is no significant effect of an awareness programme about dementia and its home care among caregivers visiting selected outpatient departments.

H₁: There is significant difference in the pretest and posttest knowledge mean scores of caregivers about dementia and its home care.

RESEARCH DESIGN:

The research design used for study is pre experimental, one group pre-test post-test design.

SAMPLE & SAMPLING TECHNIQUE:

99 caregivers of dementia patients selected with non-probability convenient sampling.

METHOD OF DATA COLLECTION:

The tool is to assess the effectiveness of an awareness programme on knowledge about dementia and its home care. It consists of two sections:

Section A: Socio demographic data of caregivers of dementia patient.

Section B: Tool to assess the effectiveness of an awareness programme on knowledge about dementia and its home care with the help of structured questionnaire.

DATA COLLECTION:

- a. Approval from the research committee member and written permission from the head of institution to conduct the research.
- b. Explain the purpose of the research to the samples.
- c. Obtained informed written consent from samples.
- d. Assess effectiveness of an awareness programme on knowledge about dementia and its home care among care-givers visiting selected outpatient departments in tertiary care hospital of metropolitan city.

ETHICAL REVIEW:

This study was reviewed and approved by the Ethics Committee of the college. All participants signed informed consent. The authors promise that there will be no academic misconduct such as plagiarism, data fabrication, falsification, and repeated publication.

STATISTICAL ANALYSIS:

The data collected is entered in the master sheet for tabulation and statistical processing. In order to find out relationship, the data was tabulated, analyzed and interpreted using descriptive and inferential statistics. Based on the objectives and hypothesis the data is presented under the following heading:

SECTION I

It deals with analysis of demographic data of caregivers of dementia patient visiting selected outpatient departments in tertiary care hospital of metropolitan city.

TABLE NO.01 Description of caregivers based on their personal characteristics in terms of frequency and percentage

N=100

S.N.	Demographic variable	Frequency	%
1.	Age		
	21-30 years	12	12%
	31-40 years	30	30%
	41-50 years	32	32%
	51-60 years	26	26%
2.	Gender		
	Male	53	53%
	Female	47	47%
3.	Education		
	Primary	19	19%
	Secondary	28	28%
	Higher secondary	36	36%
	Graduate	13	13%
	Postgraduate	4	4%
4.	Occupation		
	Service	32	32%
	Self employed	27	27%
	Daily wages	18	18%
	Unemployed	23	23%
5.	Income		
	Less than Rs. 10,000	35	35%
	Rs. 10,001-15000	37	37%
	Rs. 15001-20000	22	22%
	Above Rs. 20000	6	6%
6.	Religion		
	Hindu	79	79%
	Muslim	9	9%
	Christian	11	11%
	Other	1	1%
7.	Marital status		
	Married	66	66%
	Unmarried	16	16%
	Widow / Widower	11	11%
	Divorced	7	7%
8.	Type of family		
	Nuclear	26	26%
	Joint	50	50%
	Blended	8	8%
	Separated	16	16%
9.	Previous knowledge		
	Yes	16	16%
	No	84	84%
10.	Source of knowledge		
	Mass media	9	9%
	Health personnel	4	4%
	Friends / Relatives	3	3%

SECTION II

This section deals with the analysis and interpretation of data related to knowledge regarding dementia and its home care among caregivers in terms of frequency and percentage.

TABLE NO. 02:Pre-test knowledge regarding dementia and its home care among caregivers
N=100

Knowledge	Pre-test	
	Frequency	%
Poor (score 0-10)	67	67%
Average (score 11-20)	33	33%
Good (score 21-30)	0	0%

Section III

This section is deals with the analysis of data related to the effectiveness of an awareness program regarding dementia and its home care among caregivers in the form of frequency and percentage.

TABLE NO.03 : Effect of an awareness program regarding dementia and its home care among caregivers

N=100

Knowledge	Pre-test		Post-test	
	Frequency	%	Frequency	%
Poor (score 0-10)	67	67%	1	1%
Average (score 11-20)	33	33%	37	37%
Good (score 21-30)	0	0%	62	62%

TABLE NO. 04 : Paired t-test for the effect of an awareness program regarding dementia and its home care among caregivers

N=100

	MEA	SD	t-value	df	p-value
PRE-TEST	9.3	3.6	47.6	99	0.000
POST-TEST	21.3	3.4			

The comparisons of the pre- test and post- test means of the knowledge were done by the paired t test.

Section IV

This section deals with the analysis of data related to association between knowledge regarding dementia and specific demographic variables among caregivers of dementia patient.

TABLE NO.05 : Fisher's exact test for the association between knowledge regarding dementia and specific demographic variables among caregivers

N=100

S.N.	Demographic variable		Knowledge		P-value
			Average	Poor	
1.	Age	21-30 years	9	3	0.000
		31-40 years	13	17	
		41-50 years	9	23	
		51-60 years	2	24	
2.	Gender	Male	23	30	0.021
		Female	10	37	
3.	Education	Primary	1	18	0.000
		Secondary	5	23	
		Higher secondary	11	25	
		Graduate	12	1	
		Postgraduate	4	0	
4.	Occupation	Service	17	15	0.006
		Self employed	10	17	
		Daily wages	3	15	
		Unemployed	3	20	
5.	Income	Less than Rs. 10,000	5	30	0.000
		Rs. 10,001-15000	7	30	
		Rs. 15001-20000	15	7	
		Above Rs. 20000	6	0	
6.	Religion	Hindu	25	54	0.339
		Muslim	2	7	
		Christian	5	6	
		Other	1	0	
7.	Marital status	Married	20	46	0.003
		Unmarried	11	5	
		Widow / Widower	2	9	
		Divorced	0	7	
8.	Type of family	Nuclear	4	22	0.008
		Joint	23	27	
		Blended	4	4	
		Separated	2	14	
9.	Previous knowledge	Yes	16	0	0.000
		No	17	67	

Since p-values corresponding all the demographic variables except religion were small (less than 0.05) the demographic variables age, gender, education, occupation, income, marital status, type of family and previous knowledge were found to have significant association with knowledge among caregivers regarding dementia and its home care.

CONCLUSION:

Present study focuses on assessment of the knowledge of caregivers and effect of an awareness programme on knowledge regarding dementia and its home care. Total 100 caregivers were selected as sample. In pre-test 67% of the caregivers had poor knowledge (score 0-10) and 33% of them had average knowledge (score 11-20) while in post-test 1% of the caregivers had poor knowledge (score 0-10), 37% of them had average knowledge (score 11-20) and 62% of them had good knowledge (score 21-30) regarding dementia and its

home care. The comparisons of the pre- test and post- test means of the knowledge were done by the paired t test. Average knowledge score in pre-test was 9.3 which increased to 21.3 in post-test. t- value for this test was 47.6 with 99 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Knowledge score in post-test was significantly high as compared to that in pre-test. From this study researcher concluded that the knowledge among caregivers regarding dementia and its home care improved significantly after an awareness program regarding dementia and its home care.

IMPLICATIONS TO NURSING:

The finding of study have implication for nursing practice in hospital, nursing education, nursing administration and nursing research

Nursing practice

Present study emphasizes the need of knowledge regarding dementia and it's home care in caregivers.

It emphasizes that nurses practicing in psychiatric setting should have knowledge about dementia and its home care to educate the caregiver during treatment and discharge.

The study emphasizes that the nursing personnel need to develop and conduct health teaching program in simple and comprehensible manner to improve the knowledge of the caregivers of dementia patients. The Health teaching is an integral part of health and family welfare services which help the care givers to provide effective home based care.

Nursing education:

As a nurse educator, there are abundant opportunities for nursing professionals to educate the caregivers of dementia patients regarding dementia and its home care. The study emphasizes significance of short term in-service education programmes for nurses related to health education regarding dementia and its home care. Nursing personnel working in special care setting and in community areas should be given in-service education.

Nursing administration:

Nursing administrators should take interest in motivating the nursing personnel's especially nurses in psychiatric hospital to improve their professional knowledge and skill by attending the health conferences, workshops, seminars and training program on home based care. The nursing administrator should arrange regular in-service education program on home based care.

Nursing research:

Research provides nurse's credibility to influence decision making, policy and protocol formulation regarding home based care among caregiver's dementia patients. Findings of the present study suggest that educators and administrator should encourage nurses to read, discuss and conduct research studies so as to enable the nurse to make data based decision and health teaching rather than intuitive decisions.

LIMITATION:

1. The study is limited only to the urban area.
2. The study is conducted among small number of population (100) due to shortage of time for data collection.
3. The study is limited to knowledge only.

RECOMMENDATION:

On the basis of the findings of the study following recommendations have been made:

1. A similar study can be replicated on large sample to generalize the findings.
2. A similar study can be conducted in different settings.
3. A study can be conducted to assess the effectiveness of innovative teaching methods.

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