

Target Area: Behaviour Problems

<p>Bourgeois, Schulz, Burgio & Beach (2002). <i>Skills Training for Spouses of Patients with Alzheimer's Disease: Outcomes of an Intervention Study</i>. <i>Journal of Clinical Geropsychology</i> 8(1): 53-73</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Study type: RCT.</p> <p>Y Population: n=63 caregivers of people with probable Alzheimer's disease (details below).</p> <p>Y Groups:</p> <ul style="list-style-type: none"> o Patient change group: n=22, patients 50% male, M=75.86 years (SD=7.84), Mini-Mental State Examination score M=10.27 (SD=7.26), primary caregiver age 73.41 years (SD=7.05), 50% male. o Self-change group: n=21, patients 57% male, Mini-Mental State Examination score M=12.43 (SD=7.70), primary caregiver age 73.95 years (SD=6.34), 43% male. o Control group (n=20). <p>Y Setting: Family home.</p> <p>Primary outcome measure/s:</p> <p>Y Problem Behaviour Tracking form, BEHAVE-AD.</p> <p>Y Caregiver mood (single item rating).</p> <p>Secondary outcome measure/s: Caregiver strain, anger, anxiety, self-efficacy, stress, depression, health.</p> <p>Result: Statistical analysis demonstrated the two treatment groups improved in reduced problem behaviours (in the patient-change group) and improved mood (in the self-change group). Treatment effects maintained at 3 and 6 month follow-ups.</p>	<p>Aim: To improve patient problem behaviours and carer coping skills in people with Alzheimer's disease, using carer-training to:</p> <ul style="list-style-type: none"> o Change patient behaviour (patient-change group), vs o To improve their own coping skills (self-change group), vs o Attention control. <p>Materials: Procedures manual.</p> <p>Treatment plan:</p> <p>Y Duration: 12 weeks intervention; total contact time 13 hours.</p> <p>Y Procedure: 1 session training in collecting data using Problem Behaviour Tracking (PBT), 1 x 3-hour workshop, 1 session/week for 10 weeks: 60 mins/session.</p> <p>Y Content:</p> <ul style="list-style-type: none"> • <i>Patient-change group</i>: Workshop consisted of general behavioural principles as they apply in dementia (antecedent-behaviour-consequences model), an overview of the individual therapy sessions, and review of PBT data collected in the previous week; individual sessions followed the same format: review previous week's PBT, discuss any difficulties, review any medication changes, and other individualized instruction re managing behaviour • <i>Self-change group</i>: Workshop consisted of training in 3 self-change strategies (pleasant events scheduling, problem solving, relaxation techniques), an overview of the individual therapy sessions, and review of PBT data collected in the previous week; individual sessions followed the same format: review previous week's PBT, review any medication changes, and other individualized instruction re the 3 self-change strategies.