

Target Area: Behaviour Problems/ Memory Impairments

<p>Gerdner, Buckwalter &amp; Reed (2002). <i>Impact of a Psychoeducational Intervention on Caregiver Response to Behavioral Problems</i>. Nursing Research 51(6): 363-374</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=237 caregivers of people with dementia, Global Deterioration Scale score <math>\geq 4</math> (ie, moderate or greater decline) in 87 %, caregiver age 64.8 years (SD=13.8), 26% male, hours of care/week 58%, care recipient age 76.6 years (SD=8.7), Alzheimer's disease in 67%, other type of dementia 12%.</p> <p>Y Groups:</p> <ul style="list-style-type: none"> <li>o Experimental group: Caregiver Training (CT) n=132;</li> <li>o Comparison group (n=105).</li> </ul> <p>Y Setting: Family home.</p> <p>Primary outcome measure/s:</p> <p>Y Frequency of problem behaviours.</p> <p>Y Caregiver's responses to behaviours.</p> <p>Secondary measure/s:</p> <p>Y Effect on patient's activities of daily living and caregiver's responses.</p> <p>Result: Used regression analyses to examine the intervention effects. Significant effects found for 3/4 outcome measures</p>	<p>Aim: To improve management of behaviour problems in people with dementia, using caregiver training (CT) program vs routine clinical contact.</p> <p>Materials: Nil reported.</p> <p>Treatment plan</p> <p>Y Duration: Length of therapy: 2 weeks; total contact time: 4 hours.</p> <p>Y Procedure: 2 visits.</p> <p>Y Content:</p> <ul style="list-style-type: none"> <li>• <i>CT group</i>: An individualized care plan was developed using the Progressively Lowered Stress Threshold (PLST) model (Hall &amp; Buckwalter, 1987). A typical plan included structured routine, provision of regular rest breaks, modifying of the environment. Techniques were taught and written summaries provided.</li> <li>• <i>Comparison group</i>: 2x1 hour visits in which routine information was provided on referrals for community based services, case management, and support groups.</li> </ul>