

**Title:**

Intervention for Attitude Toward Care in Family Caregivers of Elderly Adults With Dementia

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**Session Title:**

Education Posters Session 2

**Keywords:**

Dementia, Nursing Intervention and attitude toward caregiving

**References:**

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**Abstract Summary:**

A Nursing intervention focused on modifying the attitude toward care in family caregivers of elderly adults with dementia, by changing stimulus and redirection the adaptation process.

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to meet the meaning of teaching the family caregivers how to improve and adapt their role.	Nurses should teach to the patients and their caregivers, how to endure the illness and the best way of care.
The learner will be able to acquire knowledge about attitude and their implications in the caregiver	The lack of knowledge makes caregivers get stressed and in bad mood because of the ignorance and unknown procedures.

**Abstract Text:**

**Background:** To improve the existing evidence about interventions for Mexican caregivers, a program focused on giving positive stimulation to coping process in family caregivers of dementia patients was created, looking for advantaging the positive adaptation as caregivers by improving de roll function and self-concept. This project is based on Roy's Adaptation Model, making the intervention a contextual stimulus for the participants through acquiring cares knowledge and this way enhancing their attitude. **Aim:** To evaluate the effect of a nursing intervention focused on improving the attitude of family caregivers of dementia elderly adults living in Saltillo, Coahuila, Mexico. And with this, present relevant information to research in the seeking of intervention programs that shows significant

effects. **Methodology:** Quasi-experimental design was used in two groups (Experimental and control group) with repeated measurements in four times to meet the changes about attitude toward care giving. Both groups received eight weekly sessions. The experimental group received a multicomponent training that includes psychoeducation, relaxation therapies and skills training (n=15) comparing with control group who received information about falls preventing and proper use of infrastructure. The sample was determined with ANOVA and repeated measures with three levels, with 95% confidence and a power for the interaction of time by group of .90 and the sampling was by convenience. **Outcomes:** The obtained results let us come up with an intervention model raised by nursing staff that shows great changes with a significant effect in attitude toward care giving ( $\lambda = 0.724$ ;  $F = 4.375$ ;  $p = 0.025$ ;  $\eta^2 = 0.276$ ). This effects continued in the following measure, four weeks after the intervention. **Conclusions:** The authors can probe the meaning of nurses team in developing and delivering support programs and psychoeducation for this population, giving them the benefits of learning the proper techniques for caregiving and this way improving their health, achieving the positive adaptation to the roll as a care giver.