

Effect of an Interprofessional Caring Empowerment Program (ICEP) on the caregiver outcomes caregivers of People Living with Dementia – A Randomized Controlled Trial

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Introduction

Background: A person with dementia experiences memory loss and a progressive decline in their cognitive functioning. Caregivers may experience negative effects such as poor quality of life (QOL) due to inadequate knowledge. Interprofessional approach in caregiver education is lacking in India.

Objectives: To evaluate the effect of an Interprofessional Caring Empowerment Program (ICEP) on the knowledge, coping strategies, caregiver burden, quality of life (QOL), and caring skills among the caregivers of PLWD.

Keywords: Knowledge, Coping strategies, Dementia, Caregivers, Dementia Care, Caregiver Burden, Skills, Quality of life

Methodology

Design: This Randomized Controlled Trial involved 60 caregivers of PLWD (30 in the intervention group, 30 in the control group).

Tools: Baseline demographic details of the caregivers and PLWD were collected. Knowledge, coping, caregiver burden, quality of life (QOL), and caregiving skills were the outcomes assessed using the DKAS, Brief COPE, ZBI-22, WHOQOL-BREF, and self-structured Dementia Caring Empowerment Questionnaire.

Ethical clearance: Ethical approval was obtained from the KMC & KH Institutional Ethics Committee & CTRI



Results

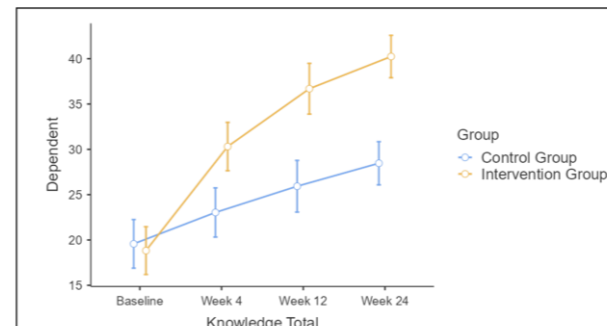


Fig 1: Effects of ICEP on Knowledge

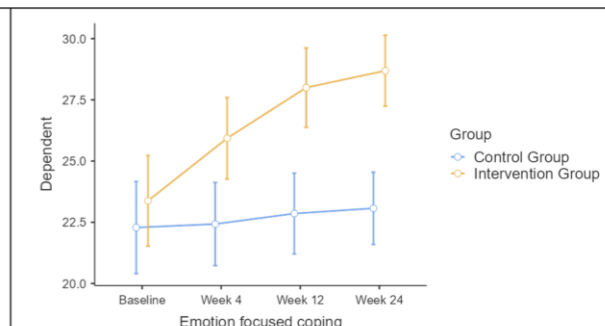


Fig 2: Effect of ICEP on Emotion focused coping

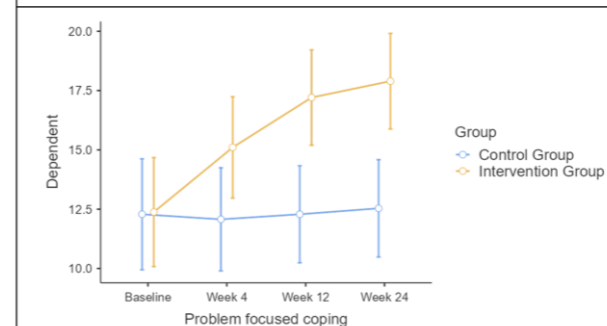


Fig 3: Effect of ICEP on Problem focused coping

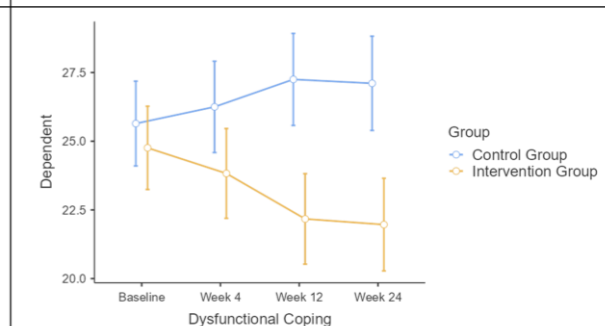


Fig 4: Effect of ICEP on Dysfunctional Coping

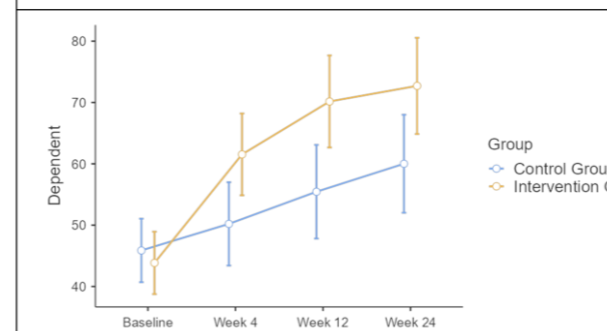


Fig 5: Effect of ICEP on QOL

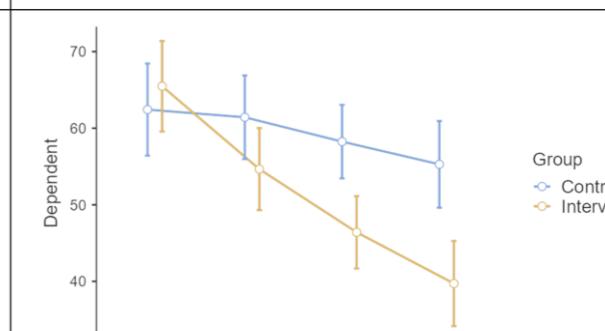


Fig 6: Effect of ICEP on Caregiver Burden

Conclusion

- ✓ **Aging Population:** Growing elderly demographic with chronic illnesses.
- ✓ **Nuclear Family Shift:** Less family support, increasing reliance on professional caregivers.
- ✓ **Rise in NCDs:** High demand for skilled care in managing chronic diseases at home
- ✓ **Lack of Training Programs:** Many caregivers lack basic skills, especially in rural areas.
- ✓ **Mental Health Needs:** Rising dementia cases require specialized caregiving skills to lessen caregiving burden.
- ✓ **Home Healthcare Growth:** Demand for qualified home caregivers is increasing.
- ✓ **National Policy:** Dementia sufficient Care Infrastructure, financial support systems, insurance coverage, and subsidies for families.



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