

## Online adaptation of an educational intervention on caregivers of elderly people to improve burden

Jenifer Malumbres Talavera<sup>1,2</sup>, Alberto Gallart Fernández-Puebla<sup>1</sup>, Cristina Monforte-Royo<sup>1</sup>

<sup>1</sup> Nursing Department, Universitat Internacional de Catalunya (UIC), Sant Cugat, Spain

<sup>2</sup> PADES Delta del Llobregat, L'Hospitalet, Spain

### Background

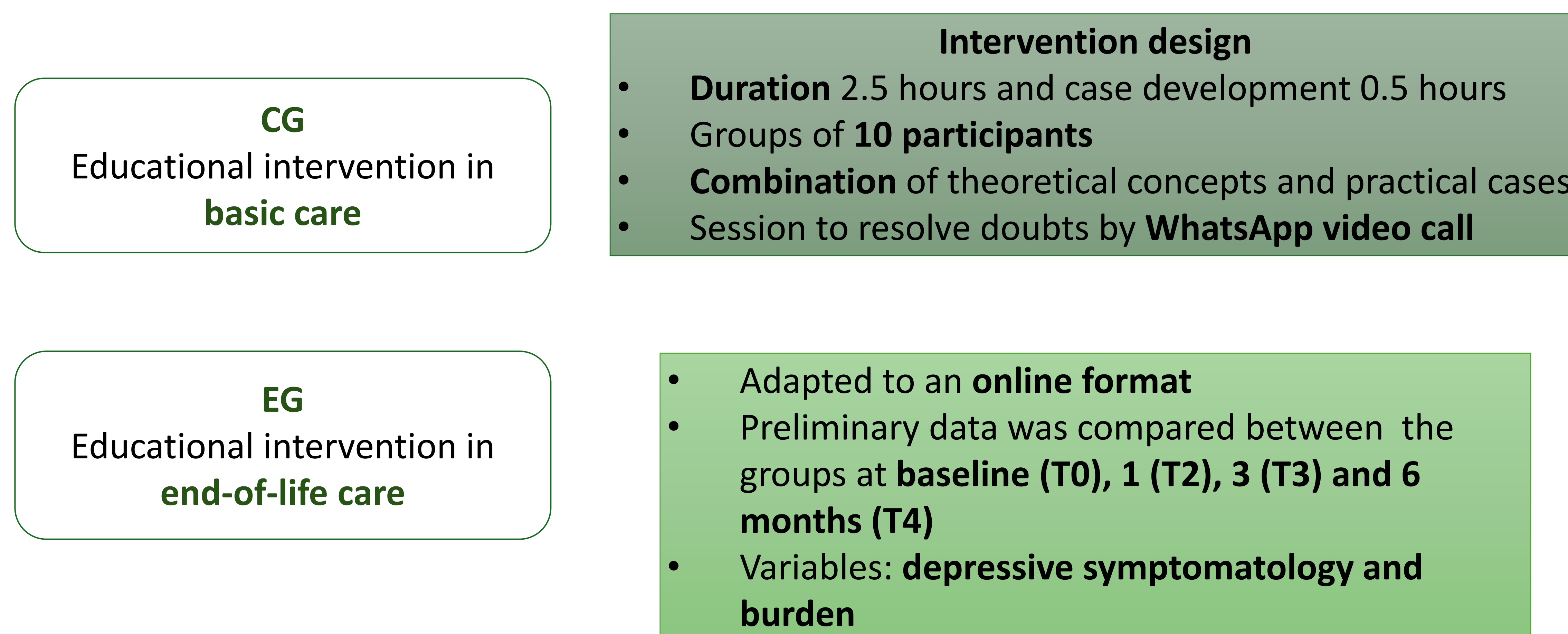
The increase in life expectancy and chronicity has led to a significant increase in the number of dependent people who need to be cared for at home. This care is often carried out by hired home care workers (HCW) (1). The lack of adequate training in caring for dependent elderly people, who suffer and consequently express a wish to die, can have a negative impact on the health of carers (2). Some studies have shown the benefit of a face-to-face caregiving education intervention, but COVID-19 limited face-to-face (3,4).

### Aims

- To assess the adaptation of an educational intervention to an online educational training program due the COVID-19.
- To assess the benefit of an online educational intervention in end-of-life care for HCW of older people who express a wish to die on depressive symptomatology and burden before and during the COVID-19.

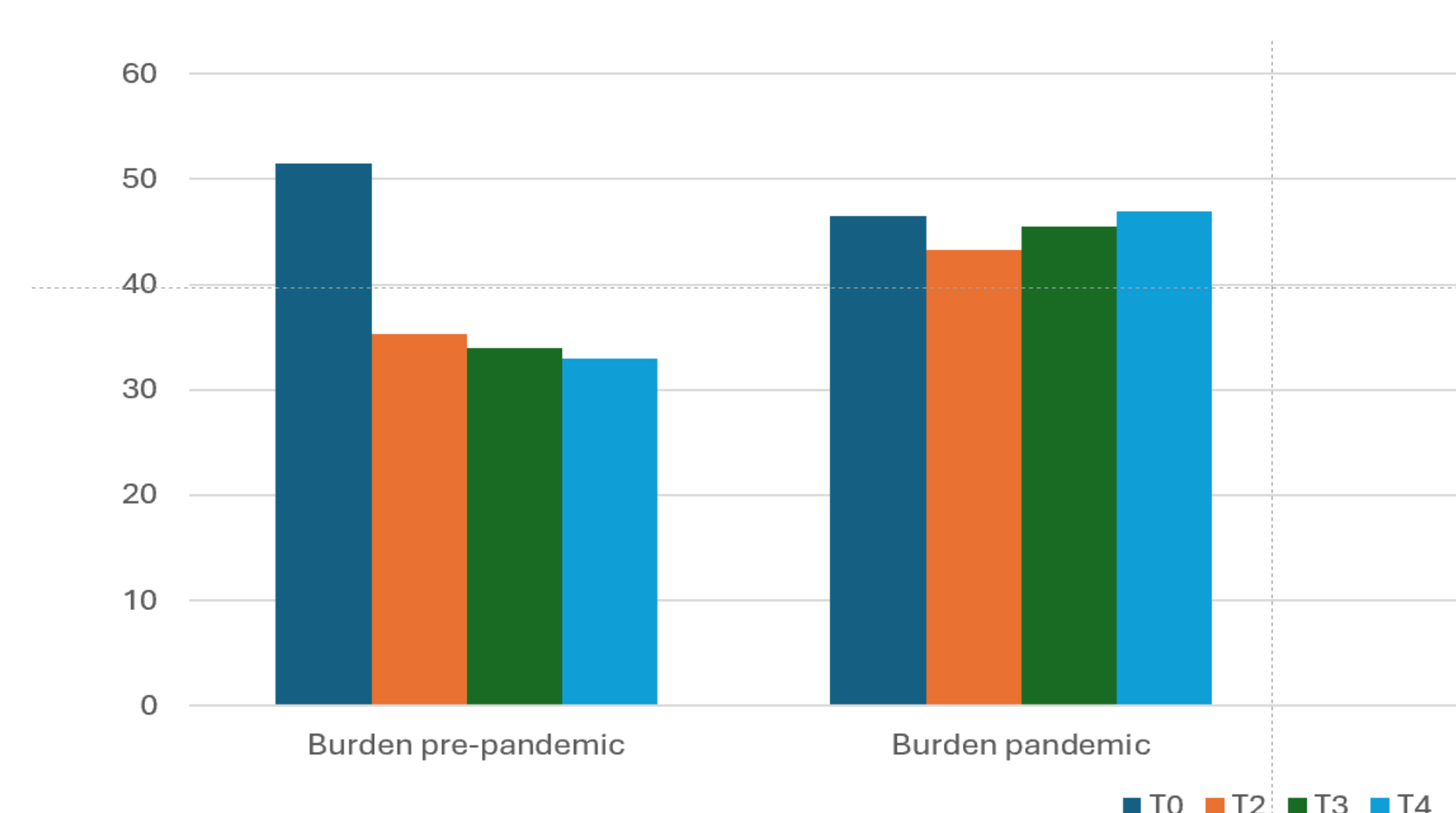
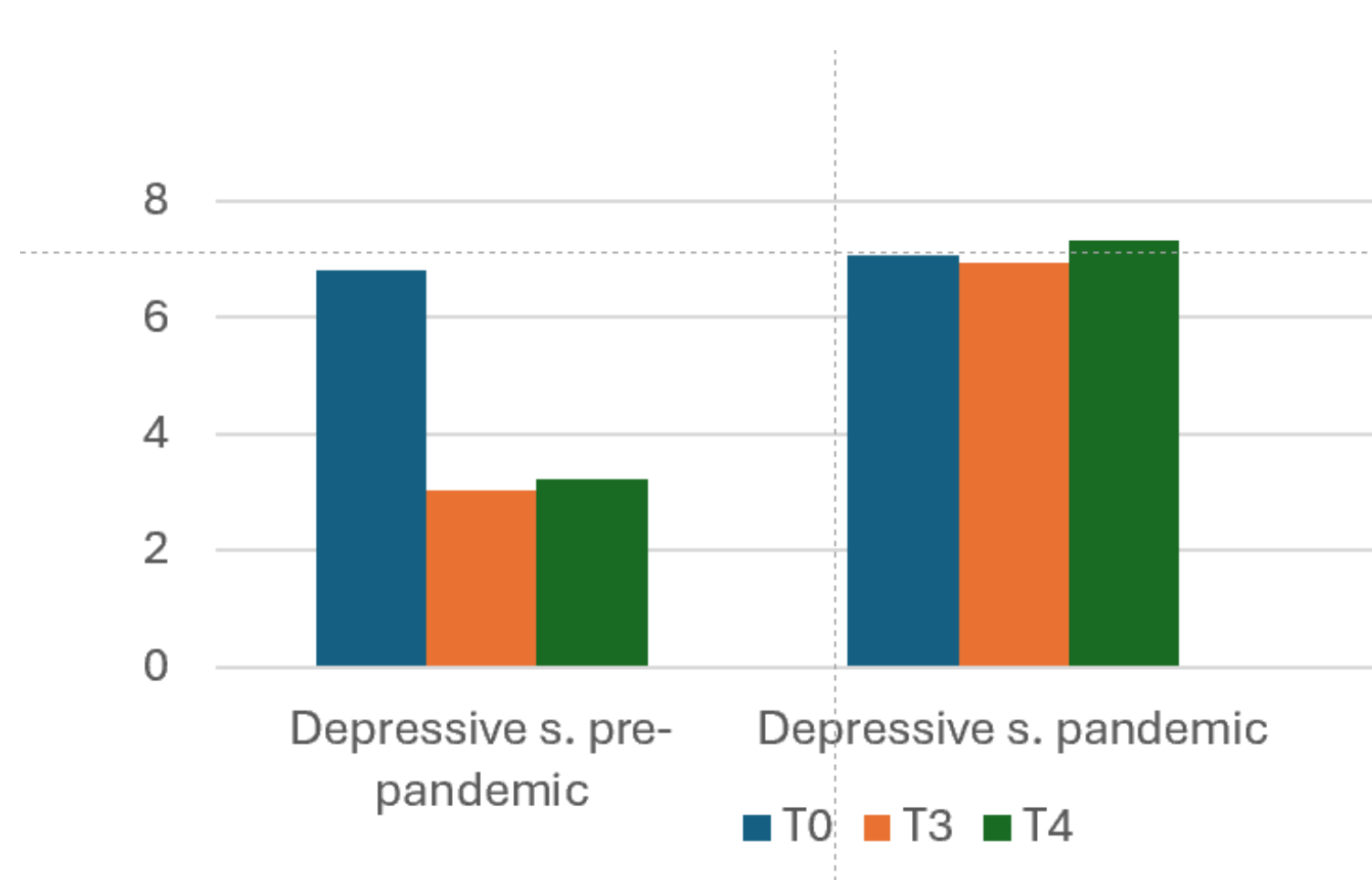
### Methods

A preliminary comparative analysis of the incomplete sample of the control group (CG) and experimental group (EG) before and during the COVID-19 was performed.



### Results

- ✓ **Good adaptation:** All HCW connected to the video with the theory and to the video call for the practical cases.
- ✓ The adaptation was **feasible:** The recruitment was carried out by telephone. HCW had the same socio-demographic characteristics as the pre-pandemic group.
- ✓ **Good adherence:** A 35.8% loss was obtained that was related to: failure to complete the questionnaires, that they would stop caring for the elderly person or that they would die.
- ✓ **Good results** had been obtained in **depressive symptoms at 3 months ( $p=0.000$ ) and after 1 ( $p=0.048$ ) and 3 months ( $p=0.001$ ) post-intervention in burden.**



### Conclusion

Pending the definitive results, we believe that it could be positive to carry out online educational interventions for this profile of caregivers with job instability and who dedicate many hours a day to caring for the elderly.

### References

1. Gallart A, Malumbres J, Pérez A, Martín-Ferreres ML, De Juan M. Effectiveness of an educational intervention to reduce the burden on home care workers and facilitating factors: a pre-post study. *Nurse Educ Pract.* 2022;59.
2. Balaguer A, Monforte-Royo C, Porta Sales J, Alonso-Babarro A, Altisent R, Aradilla-Herrero A, et al. An international consensus definition of the wish to hasten death and its related factors. *Plos One.* 2016;11(1):e0146184.
3. Corry M, While A, Neenan K, Smith V. A systematic review of systematic reviews on interventions for caregivers of people with chronic conditions. *J Adv Nurs.* 2015;71(4):718-34.
4. Sørensen S, Pinquart M, Duberstein P. How effective are interventions with caregivers? An updated meta-analysis. *Gerontologist.* 2022;42(3):356-72.