

Lifting the Caregiving Burden through eHealth Interventions

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Introduction

- Alzheimer's Disease and related dementias (ADRD) affect cognition, behavior and function of the 60-year and older adult.
- Caregiving burden, defined as perceived stress to meet home care demands with insufficient intrinsic (i.e. physical/mental functioning) or extrinsic resources (i.e. knowledge, competence, clinical/social/financial support etc.,) (Lazarus & Folkman, 1984), negatively impacts caregivers' psychological and physical health
- eHealth interventions offer an opportunity to meet caregivers' multidimensional needs, by offering education and therapy.

Methods

- Integrated literature review was conducted to determine eHealth interventions' efficacy.
- PRISMA guidelines
- **Inclusion criteria:** Randomized Control Trials published in English, last 10-years, focused on education and therapy delivery, to dementia family caregivers, via eHealth interventions.

Results

eHealth interventions improved caregiving burden, self-efficacy and quality of life outcomes when:

- Utilizing weekly videoconference sessions with clinicians and caregivers.
- Blending online with face-to-face sessions.

eHealth Interventions improved caregivers' mental health when:

- Facilitating clinical feedback and/or peer support through e-mail
- Outcomes were evident in 6-month interventions

eHealth interventions, connecting family caregivers with healthcare providers and peers via videoconference, may improve burden, self-efficacy and quality of life.

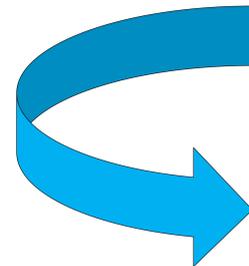
Healthcare Providers



Education

Stress Monitoring

Mental Health Support

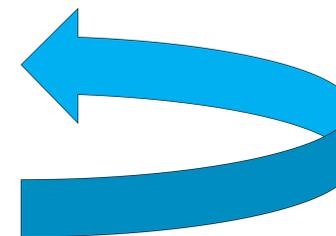


Peer Caregivers

Social Learning

Grief Support

Social Connection



Recommendations

- **Research:**
 - Additional RCTs employing videoconference and other interactive modalities, permitting education tailoring and caregiver monitoring, are needed.
 - Intervention duration of at least 6-months, to see improvement in mental health outcomes.
- **Clinical:**
 - Interdisciplinary collaboration
 - Clinical, organizational and government leadership.

Barriers

- Cost-effectiveness of eHealth interventions must be determined to allocate budgets, meeting healthcare providers' resource needs.
- Lack of insurance coverage prevents delivery and sustenance of eHealth interventions.
- Lack of internet access, digital literacy and privacy concerns may hinder eHealth intervention deployment.

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