

# PSYCHOEDUCATIONAL GROUPS FOR RELATIVES OF PATIENTS WITH COGNITIVE IMPAIRMENT: EFFECT ON THE PSYCHOLOGICAL STATE OF CAREGIVERS

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## Introduction and objectives

The Cognitive Disorders Unit carries out sessions of Psychoeducational Groups (PG) for caregivers of patients diagnosed with cognitive impairment (CI). The aim is to educate about the disease, improve the caregiver's self-care and learn how to take better care of the sick.

Analyze the profile of the caregivers that participate in PG and assess changes in their psychological state.

## Material and methods

**Subjects:** 110 caregivers of patients diagnosed with mild-moderate CI who are being follow-up at Cognitive Disorders Unit and who have participated in PG.

**Methodology:** sociodemographic data of the caregiver and patient are collected. The following scales are passed: General Health Questionnaire (GHQ-12), Global Deterioration Scale, Barthel Index. 5 sessions of 90 minutes are carried out every fortnight (Table 1). An opinion questionnaire and the GHQ-12 are administered at the end of the sessions.

Table 1. Content of GP sessions

Session 1	Presentation of Program and Objectives
Session 2	Training about the disease, course, symptoms and treatment
Session 3	Emotional and behavioural changes in dementia Problem-solving
Session 4	Impact of the disease on the caregiver
Session 5	Information on social health and legal aspects

## Conclusions

The participants in PG were mostly daughters of patients, with average age 57, and living in the same household.

Participation in PG improves the information and skills of caregivers, and reduces psychological disorders by improving their mood, their ability to concentrate, their quality of sleep and enjoyment of daily activities.

These results are similar to those in the literature suggesting the need for this type of intervention with caregivers as they provide proven benefits to both the patient and the caregiver.

## Results

86% of caregivers are women: 37% spouses and 55% daughters; mean age 57; 92% of patients live with the caregiver. 53% of patients are female and 47% are male, with an average age of 73 (39-88). 82% are diagnosed with Alzheimer's Disease, 12% with Early Temporary Degeneration and 6% with Mixed Dementia. 70% have Mild Cognitive Impairment (GDS 4) and 30% Moderate Cognitive Impairment (GDS 5). The average Barthel Index is  $90 \pm 11.5$  (Mild Dependency). 62% of caregivers present some kind of psychological disorder that is significantly reduced ( $p=0.0003$ ) after some sessions. The table 2 shows the changes obtained in the General Health Questionnaire (GHQ-12) after the GP.

Table 2. Percentages of improvement in the GHQ-12 item

Enjoy their daily activities	65,00%
Concentrate well on what you are doing	46,00%
Improving sleeping and mood	42,00%
Feeling constantly overwhelmed and stressed	38,00%
Feeling that cannot be overcome	34,00%
Feeling capable of making decisions/ Losing self-confidence	31,00%
Dealing adequately with their problems	23,00%
Feeling reasonably happy	15,00%
He thinks he's a worthless person	7,00%
Feeling that you are playing a useful role in the life	4,00%

Opinion Questionnaire Results: 98% of caregivers are satisfied with the activities, the topics addressed and their applicability. Most caregivers increased knowledge on the disease, and improved their skills on patient care and self-care

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