Evaluate the effectiveness of comprehensive Nursing intervention programme on quality of life of clients with Alzheimer’s disease & competency of their caregivers in a selected community setting in Kerala

By
Mr. Riaz K.M

ABSTRACT

Ageing is a normal, universal and inevitable change, which takes place even with the best of nutrition and health care. Family members may consider the memory disturbance and the associated behavioral problems as part of normal ageing. Alzheimer’s disease (AD) is a major reason for cognitive impairment and memory loss among elders. Caregivers of patients with AD typically feel frustrated because they cannot change the progression of the illness, but the problems associated with the disease will worsen day by day.

Objective: The present study is carried out to find an effective nursing intervention to improve the quality of life (QOL) of client with AD and improve their caregivers a sense of competency.

Material and methods: 100 Elders (50 each in the experimental group and the control group) with cognitive impairment due to Alzheimer’s disease were identified. Dementia Quality of life Questionnaire (DEMQOL) was used to collect quality of life of clients with AD, which has both clients reported and proxy reported version of quality of life. Behavioral symptoms among clients with AD were assessed using behavioral symptoms data sheet and care giver’s sense of competency (SC) was measured by using care giver sense of competency questionnaire (SCQ). All the measurements were carried out once before the Comprehensive Nursing Intervention Program (CNIP) and thrice after administering the CNIP.

Results: Almost all of the baseline variables among clients with AD and their caregivers were homogeneously distributed in the experimental and the control groups.

Quality of life: Clients with AD and their caregivers reported poor and average QOL and CNIP was found to be not effective for improving QOL of clients with AD (client reported Quality Of Life F=0.451, p>0.05 and caregiver reported Quality of Life F=0.350, p>0.05).

Sense of competency: Caregivers of patients with AD reported poor to moderate sense of competency initially in both the groups. CNIP was found to be effective for improving sense of competency among the caregivers of clients with AD (F= 19.549, p<0.001).

Behavioral symptoms: It was found that comprehensive nursing intervention program was not effective for changing behavioral symptoms associated with AD (p>0.05).
**Association:** There was no significant association between quality of life (p>0.05) of clients with AD, sense of competency among their caregivers of clients with AD (p>0.05) and any of their selected variables.

**Conclusion:** Comprehensive nursing intervention program was not effective for improving the client reported and caregiver reported quality of life of clients with AD. But CNIP was found to be useful for improving sense of competency among caregivers. In fact, in both groups, it was found that the pattern of behavioral symptoms continues to deteriorate with irregular ups and downs.

**Key words:** Alzheimer’s Disease, Behavioral Symptoms, Comprehensive Nursing Intervention Program, Quality of life, Caregivers, Sense of Competency