

[Poster Board # 125] COPD And Family Care: Orientations For Developing Psychoeducational Programs, [Publication Page: A2163]

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Rationale: Caring for a family member with chronic obstructive pulmonary disease (COPD) has adverse effects on physical and mental health of caregivers. Psychoeducational (PE) interventions have shown significant effects in promoting a functional adjustment to the disease and reducing the burden, depression and anxiety in family caregivers of patients with dementia, stroke or cancer. However, PE interventions directed to family caregivers in the specific context of COPD have not been developed. This study aimed to analyze the needs of family caregivers of patients with COPD, their expectations and concerns about PE programs.

Methods: A qualitative, cross-sectional study was conducted with family caregivers of patients with COPD in the central region of Portugal. The study received full approval from the Ethics Committees. Semi-structured interviews were performed with 25 family caregivers (84% female; 68% spouses), with a mean age of 56.36±12.83 years old. The family caregivers were caring for patients at advanced COPD (84.0% male; age 66.68±11.73 years old; FEV1 42.68±16.44% predicted) and for more than 4 years (n=18; 72%). All interviews were digitally recorded, transcribed and submitted to content analysis by two independent judges.

Results: The main results suggest that caregivers' need: information and skills about the disease to provide adequate care (n=9; 36%); respite care, to have some time on their own (n=7; 28%); financial support (n=6; 24%); and physical and mental well-being (n=6, 24%). Overall, caregivers expect to obtain from PE programs: knowledge and training to cope with the caregiving demands (n=12, 48%), emotional support (n=5, 20%) and opportunities to share experiences with other caregivers (n=5; 20%). The ones that had some concerns were related to their availability to participate in the PR program (n=3; 13%).

Conclusions: Family caregivers of patients with advanced COPD have both educational and support needs. The results highlight the need to develop PE interventions appropriate to the specific experience of care in COPD, to prevent burden and empower caregivers in their caregiving role.

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Session Info: Poster Discussion Session, [A102] DOLLARS AND SENSE: IDENTIFYING THE COSTS, UTILIZATION AND BURDEN OF RESPIRATORY DISEASE MANAGEMENT

Day/Date: Sunday, May 19, 2013

Session Time: 2:00 PM - 4:30 PM

Poster Viewing: 2:00 PM - 3:00 PM

Discussion: 3:00 PM - 4:30 PM

Room: Room 103 A (100 Level) Pennsylvania Convention Center