

# Increasing Confidence and Mental Health in Caregivers



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## Background and Rationale

**Clinical Scenario**

- Need for caregiver training in inpatient rehab to prepare caregivers for taking loved ones home.

**Problem**

- Lack of effective caregiver training contributes to decreased confidence and mental health in caregivers.

**Purpose**

- To search, appraise, and synthesize evidence regarding interventions for clients and caregivers when preparing to leave inpatient rehab facility.

## PICO Question

"Is family education effective for increasing confidence and/or emotional/mental health in caregivers when taking adults home from inpatient rehab?"

## Definitions

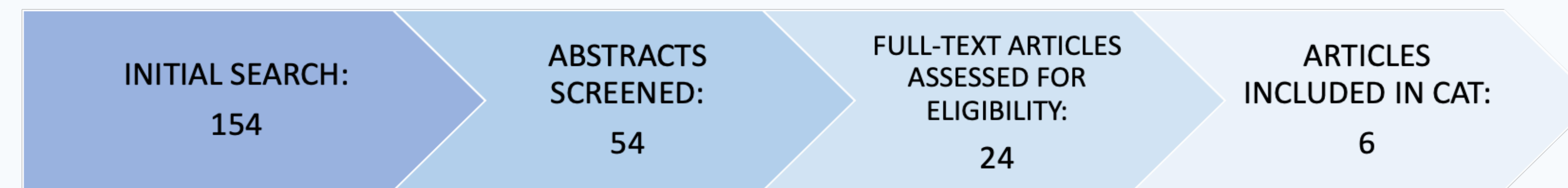
**Confidence:** Preparedness, readiness, satisfaction, competency

**Mental Health:** Psychological well-being, emotional health, burden

## Methodology

- PICO formed and approved by practitioner-mentor and advisor
- Consultation on the search strategy with our research and learning services librarian
- Review of CAPs by practitioner-mentor
- Team consensus on the inclusion and exclusion criteria
- Peer review and advisor review of CATs

Databases & Search Strategy	Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> <li>PubMed</li> <li>CINAHL</li> <li>Cochrane Library</li> <li>Google Scholar</li> <li>AJOT</li> </ul>	<ul style="list-style-type: none"> <li>Adults</li> <li>Safety</li> <li>Caregiver training/education</li> <li>Transition or discharge</li> <li>Inpatient rehab</li> <li>Confidence/self-efficacy</li> <li>Mental/emotional health/caregiver burden</li> </ul>	<ul style="list-style-type: none"> <li>Children/Pediatrics</li> <li>Presentations</li> <li>Dissertations</li> <li>Conference proceedings</li> <li>Theses</li> </ul>
<ul style="list-style-type: none"> <li>("caregiver training") OR ("family training") AND inpatient AND adult</li> </ul>		



## Limitations

**Level I**

- Small sample size
- Short intervention periods
- Lack of follow-up

**Level II**

- Small sample size
- High attrition rates
- Data collection method

**Level III**

- Small sample size
- High attrition rates
- Research bias

## Clinical Bottom Line

- There is strong evidence to support that in-person hands on training, in person discussion-based training, and/or virtual resources helped increase confidence in caregivers of patients.
- There was mixed evidence and only limited improvement to support mental health. Therefore, further research is needed.

## Recommendations for Implementation

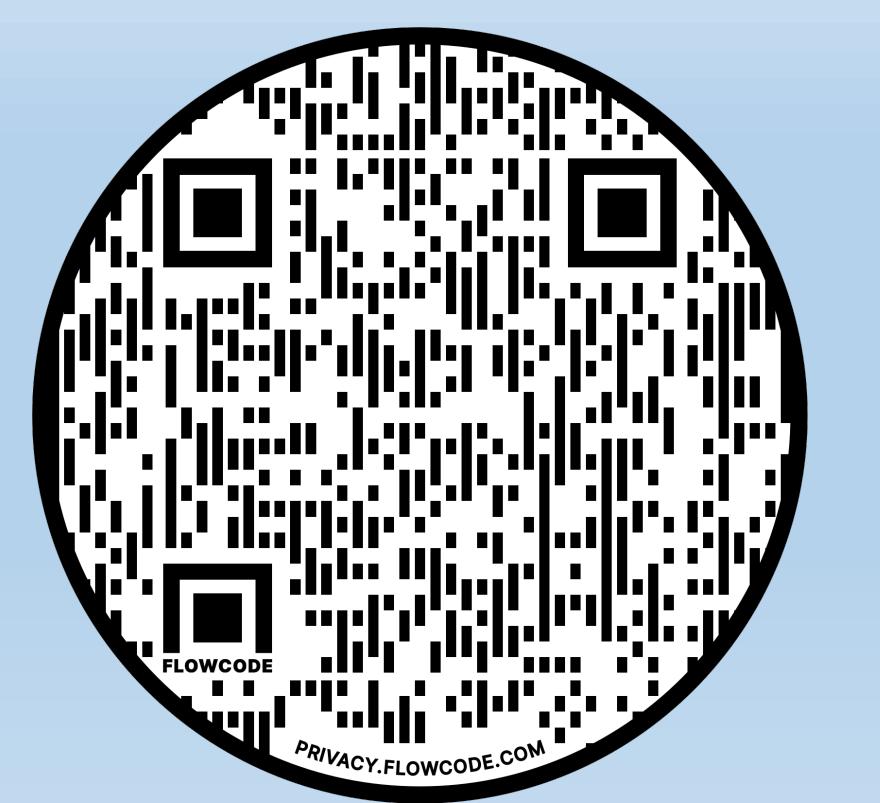
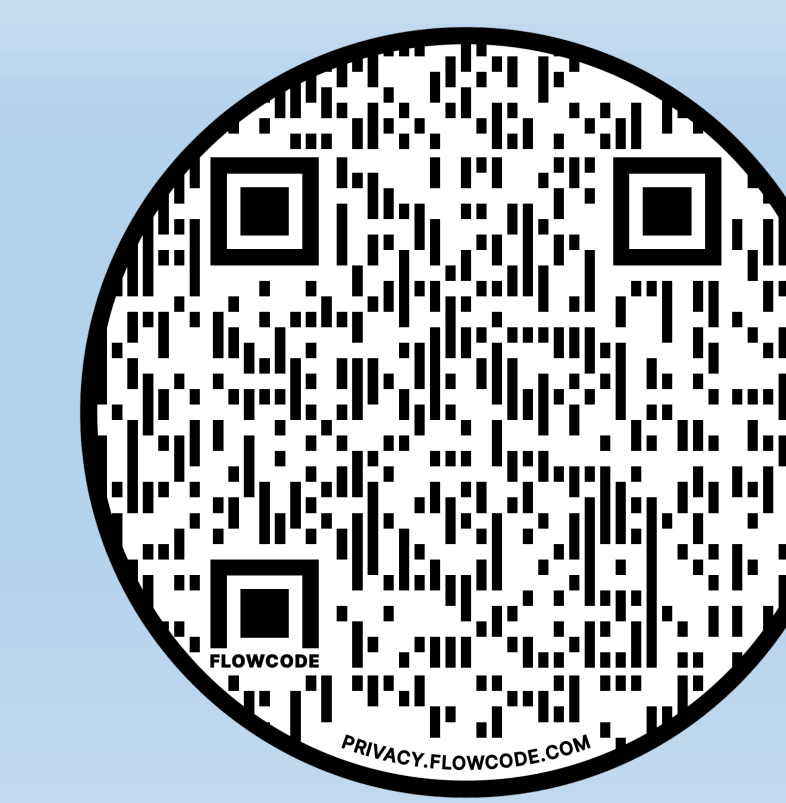
Post-discharge sessions

Other interventions to address mental health

Multiple strategy approach

## References

## Handout



## Main Findings

	Citation and Quality Score				Confidence	Mental Health
Level 1	Hendrix et al. (2011): 84%	✓			+	0
	Piersol et al. (2017): 80%	✓	✓	✓	+	+
	Van Houtven et al. (2019): 88%	✓	✓	✓		0
Level 2	DiZazzo et al. (2017): 80%	✓			+	0
	Niemeier et al. (2019): 72%		✓			+
Level 3	Stone (2014): 47%			✓	+	+

Key:

Hands-on training    Discussion-based training    Virtual training    + Significant effect    0 Nonsignificant effect