

# 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:

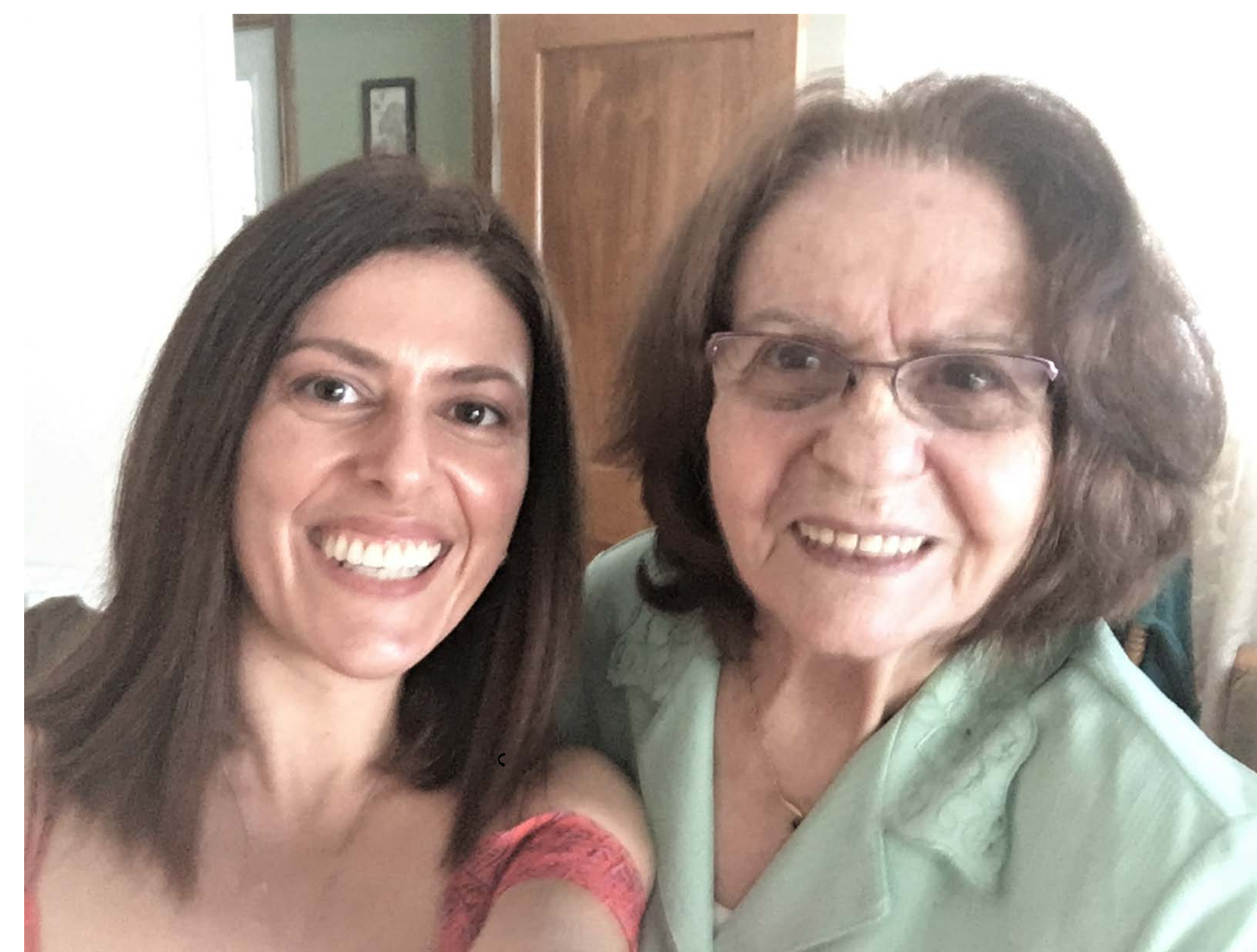
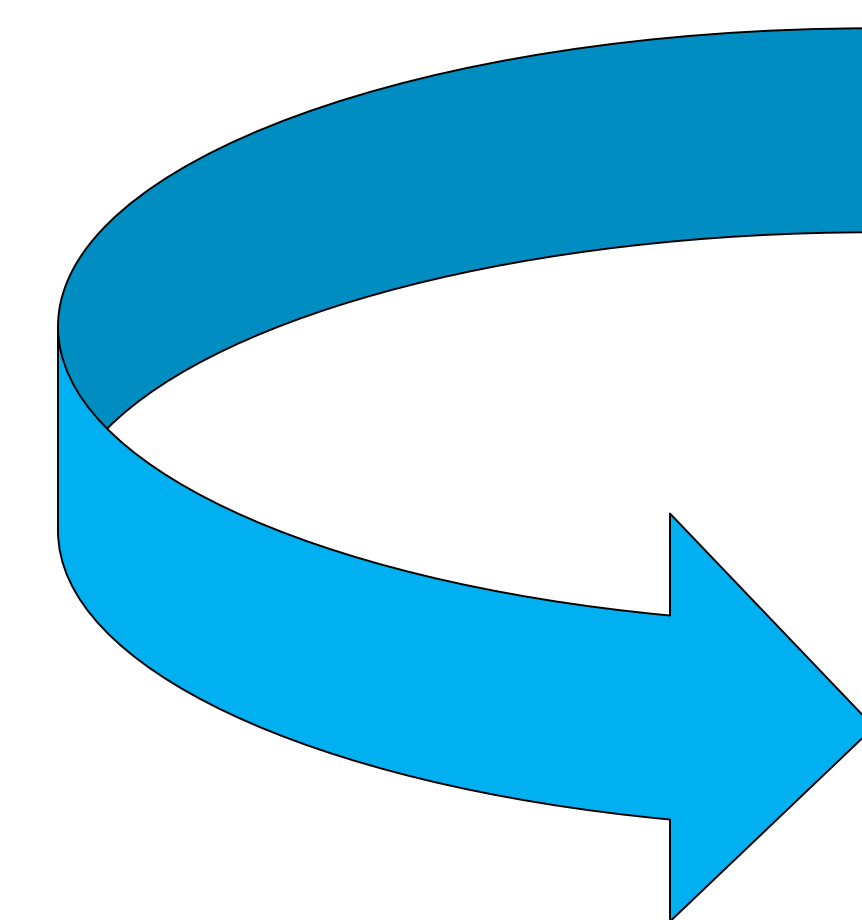
- Facilitating clinical feedback and/or peer support through e-mail
- Outcomes were evident in 6-month interventions

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

### Healthcare Providers

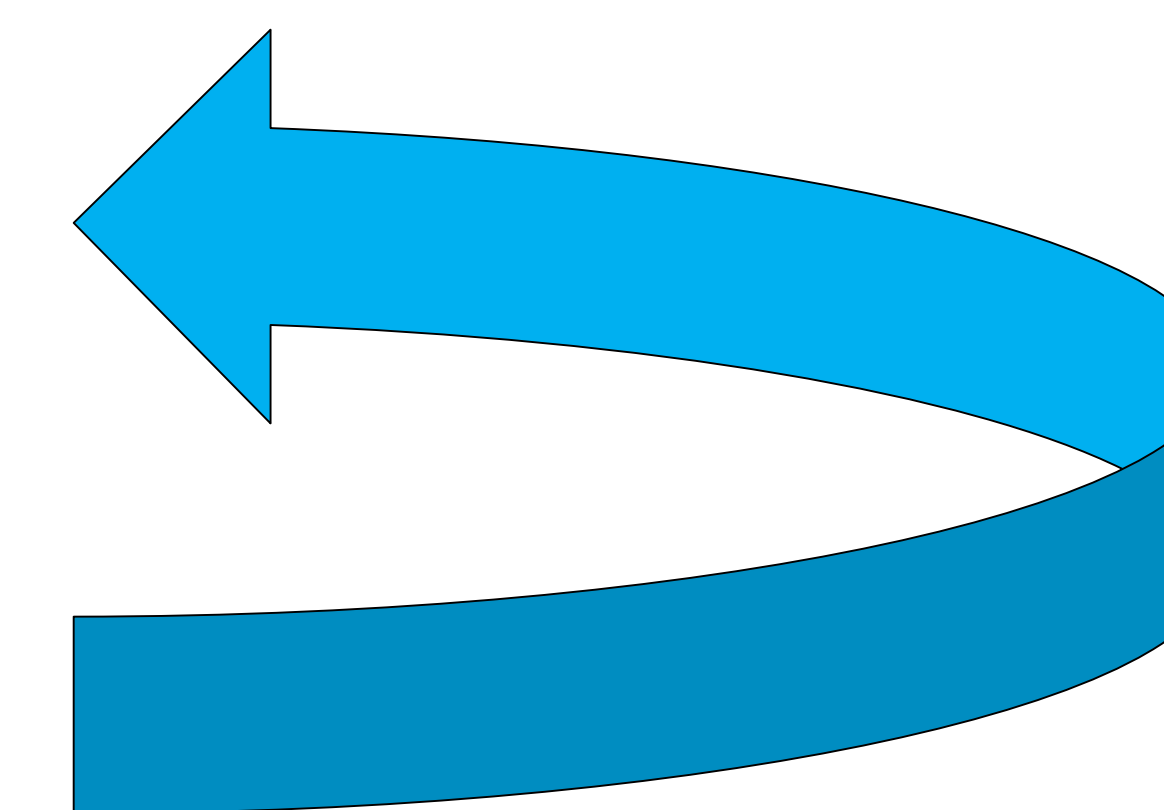


- Education
- Stress Monitoring
- Mental Health Support



### 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.

## Acknowledgements

With deepest gratitude to:

Betty Irene Moore School of Nursing Faculty, especially:  
 Tae Youn Kim, Ph.D., RN  
 Susan L. Adams, Ph.D. RN, NP, CNS  
 Fawn A. Cothran, Ph.D., RN, GCNS  
 Betty Irene and Gordon Moore Foundation  
 M.S.L. Cohort of 2020  
 My husband, David Joseph.