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# The impact of an educational intervention in caregiving outcomes in Jordanian caregivers of patients receiving hemodialysis: A single group pre-and-post test

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## ABSTRACT

**Objectives:** Chronic renal failure affects the physiological, psychological, functional ability, and independent status of the patient, which might result in a burden to the family members caring for them. The objective of the study was to identify caregivers' level of burden and establish the impact of educational intervention programs on caregiving outcomes.

**Methods:** This was a one-group pre-test post-test study conducted between April and August 2017 on family caregivers of hemodialysis patients. A convenient sample of 169 caregivers was used. A socio-demographic questionnaire, the OBCS, and BCOS were utilized for data collection, which occurred at baseline and two weeks post-intervention. The collected data were analyzed using SPSS where *t*-test determined the impact of the intervention.

**Results:** Caregivers were found to be moderately burdened ( $M = 2.73$ ,  $SD = 0.23$ ) and their lives had changed for the worst as a result of caregiving ( $M = 3.17$ ,  $SD = 5.89$ ). There were significant differences in caregiving outcome scores before and after the intervention ( $P < 0.05$ ).

**Conclusion:** Caring for patients receiving hemodialysis adds extra responsibilities to the caregivers' schedule thus leaving them substantially burdened. Educating caregivers on the required care eased their burden and improved caregiving outcomes. Recommendations are made that healthcare professionals should assess caregiver burden, and address their physical and mental health needs. Caregivers should also be regularly educated on the regular caregiving tasks to ease their burden.

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## 1. Introduction

Family caregivers provide free physical and emotional related assistance to relatives or close friends with physical illness, mental illness, or other conditions [1]. Family caregiving has been associated with physical, mental, and financial burden to caregivers [2,3]. Current literature reveals that family caregivers of patients receiving hemodialysis frequently report burden and poor mental health [4,5]. Family caregivers face significant challenges including emotional distress, deterioration of physical health, and impaired quality of life [5,6]. Advanced Practice Nurses (APNs) need to understand the burden of chronic patient caregivers to improve health outcomes for both patients and caregivers [6].

A study on family caregivers' burden revealed that caregivers

had concerns about caregiving tasks and maintaining their own physical and mental well-being [7]. Creedle et al. [8] reported that a standardized educational program addressing the physical and emotional needs of both patients and caregivers resulted in positive outcomes. Martín-Carrasco et al. [9] found an educational program comprising of teaching strategies for confronting problems, caregiver's stress, and quality of life as effective in easing burden, improving well-being perception, and a lowering risk of developing psychiatric disorders in caregivers of patients with Alzheimer's disease. Supporting caregivers helps meet their unfulfilled needs and addresses care recipients' personal care and medical needs [1]. Similarly, optimal caregiver support maintains caregiver's physical and mental health. With the increase of care recipients' needs and dependence on the caregiver, their ability to keep up with caregiving tasks is negatively affected. A caregiver intervention based on caregivers' needs may improve both the caregivers' and care recipients' well-being. Evidence-based practice interventions have been developed to minimize caregiving burden, enhance

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caregivers' well-being, and optimize patient outcomes [1].

Efforts to support family caregivers are focused on services such as educational programs, caregiver counseling, respite care, and caregiver support groups [6]. The caregivers' information and educational intervention approach is likely to reduce their burden and improve the patients' health [6]. In a recent study on caregivers' needs, the findings indicated that family caregivers lack sufficient information regarding the disease progression, patient home care, hemodialysis nutritional diet, and medication therapy [10]. One of APNs' core practices is to educate caregivers of chronic patients on the progression of the diseases and home care to ease their burden and improve health outcomes for the patient [6].

This research study aimed at identifying caregiver burden and establishing the impact of an educational intervention program on hemodialysis on caregiving outcomes. The objective of the interventional program was to promote positive caregiving outcomes. The Outcome-Based Learning (OBL), introduced by William Spady, was adopted for this study. The OBL model focuses on organizing educational programs where students achieve the outcomes by the end of the program [11]. According to Spady, students will do exceptionally well if the education systems are focused an organized around their needs [11]. Assuming that family caregivers experience negative outcomes as a result of providing home care, the intervention will be focused on hemodialysis patient care needs and easing caregiving, to improve the overall well-being of the caregivers (Fig. 1).

## 2. Methods

### 2.1. Research design

One-group pre-test post-test design was used to conduct this study. One-group pre-test post-test design is part of quasi-experimental research designs, which utilizes a single group of research participants. Data were collected before and after the intervention. A significant difference in the pre-test and post-test scores was an indicator that the intervention program improved caregivers' outcomes.

### 2.2. Sample size

To determine a convenient sample size, a power analysis was conducted using 0.05 as the level of significance, 0.95 as the power, and effect size of 0.25. The minimum required sample size obtained was 164 caregivers. A total of 169 participants agreed to participate in the study.

### 2.3. Participants selection

A convenience sampling technique was used to recruit family caregivers that met the inclusion criteria. Two nurses from each dialysis unit recruited family caregivers of hemodialysis patients who frequented the clinic and met the inclusion criteria. The inclusion criteria for caregivers included being unpaid, identified by

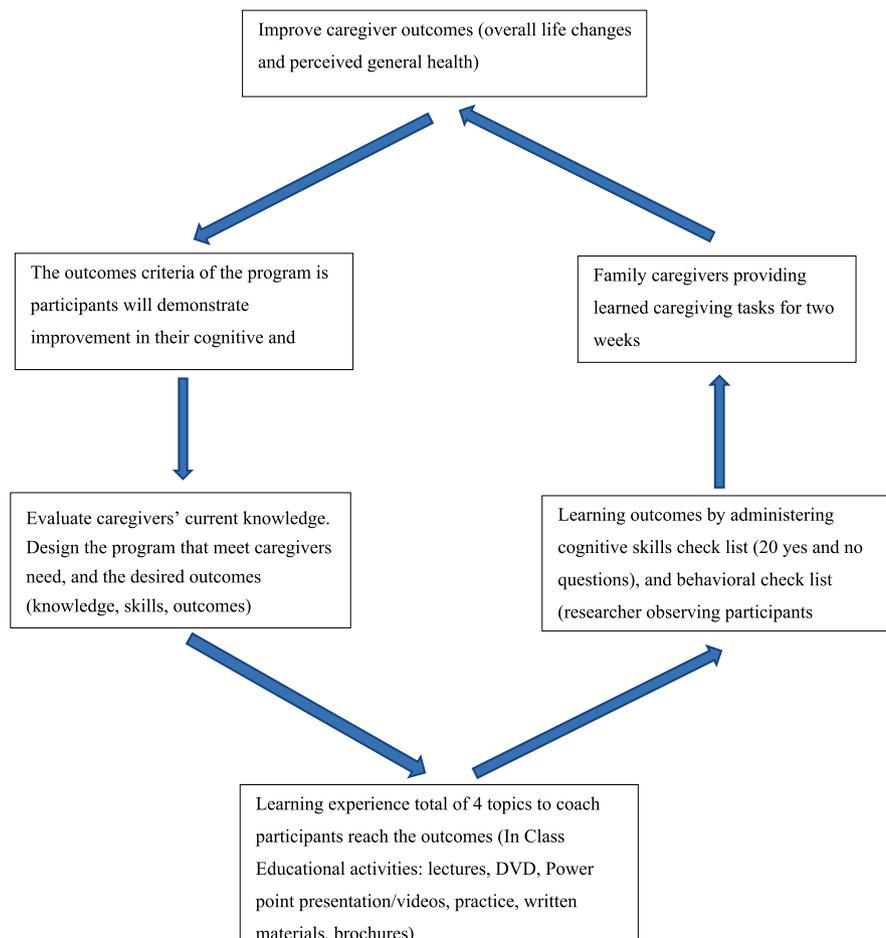


Fig. 1. An illustration of Caregiver Outcome-Based Learning.

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