Effect of Psycho Educational Nursing Program on Psychological Problems and Burden of Care among Caregivers of Patients with Dementia

Hend Ahmed Mostafa Hassanin

Assistant professor of Psychiatric and Mental Health Nursing, Faculty of Nursing, Benha University. **Egypt**

***Email:** Hend.hassanin@fnur.bu.edu.eg

logy_sandy91@yahoo.com

ABSTRACT

Background: Dementia disease is becoming a global health problem that has frequent negative psychological consequences for many caregivers. **Aim of the study:** This study aimed to evaluate the effect of psycho educational program on psychological problems and burden of care among caregivers of patients with Dementia. **Design:** A Quasi-experimental research design (pre/ post test) was utilized in this study. **Setting:** This study was conducted at geriatric outpatient clinic at Psychiatric and Mental Health Hospital at Benha City, Kaluobia Governorate, which is affiliated to general secretariat of mental health. **Sample:** A purposive sample of (60) caregivers of patient with Dementia will be selected from the above mentioned setting **Tools:** Tool (1): A structured Interviewing Questionnaire Sheet, Tool (11): Depression, Anxiety and Stress Scale (DASS), and Tool (111): Zarit Burden Interview (ZBI) scale: **Results:** Findings reflected that there were highly statistically significant reduction in the severity of the total levels of psychological problems (depression, anxiety &stress) and burden of post program implementation than before.. **Conclusion:** The psycho educational program had a positive effect on reducing psychological problems and burden of care among caregivers of patients with Dementia. **Recommendation:** Generalization of psycho-educational program in all psychiatric hospitals to alleviate the psychological problems and burden of care among all caregivers of patients with Dementia

Key Words: Psycho-education, psychological problems, burden of care, Dementia.