E3-11: Health Promotion Interventions for Hispanic Family Caregivers

Author List:
Presenting Author: Gayle J. Acton
Additional Author: Betty Jensen, Leigh Goldstein

Presenting Author: Gayle J Acton
Address: 1700 Red River
Austin, Texas 78701
United States
Ph: 512-475-7334
Fax:
Email: gayle.acton@mail.utexas.edu
Institution: University of Texas at Austin School of Nursing

Additional Author: Betty Jensen
Address: 1700 Red River
Austin, Texas 78701
United States
Ph: 512-471-7947
Fax:
Email: bjensen@nursing.utexas.edu
Institution: University of Texas at Austin School of Nursing

Additional Author: Leigh Goldstein
Address: 1700 Red River
Austin, Texas 78701
United States
Ph: 512-475-7334
Fax:
Email: lag@austin.rr.com
Institution: University of Texas at Austin School of Nursing

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Abstract:
Introduction: Caregiving for a family member with dementia has been described as a 36-hour day. Persons with dementia develop multiple memory and behavior problems. Because of the constant attention needed to manage these problems, family caregivers have little time to take
care of their own health. Most research concerning family caregivers has been conducted with Caucasian, non-Hispanic caregivers. A meta-analysis showed that minority caregivers reported worse physical health than White caregivers. Researchers recommended intervention tailoring for ethnic groups. Hypothesis: Hispanic family caregivers receiving a tailored health promotion intervention will score higher post intervention, on health promotion, sleep, and self-efficacy and lower on health promotion barriers than pre-intervention testing.

**Method(s):** A one-group pretest/post test design was used to evaluate a health promotion intervention in 81 family caregivers (mixed ethnicity) participating in a larger study. The intervention was delivered over 2, two-hour sessions, focusing on sleep, nutrition and physical activity. Results were used to revise and expand the intervention for Hispanic family caregivers and translate it into Spanish. A second pilot study (one-group pretest/post test) was expanded to 5, two-hour sessions and conducted with 32 Spanish-speaking Hispanic family caregivers.

**Results:** In the first pilot study (81 family caregivers - mixed ethnicity), engagement in health promoting activities (paired t-tests) showed significant increases in physical activity and nutrition, but not sleep. The second pilot study (paired t-tests) with 32 Hispanic family caregivers showed that engagement in health-promoting behaviors, sleep quality and self-efficacy improved (p<.01) and health promotion barriers decreased (p<.01) after the health promotion intervention.

**Discussion & Conclusions:** Results indicate that a health promotion intervention, tailored for Hispanic family caregivers, focusing on health-related behaviors, sleep, health promotion self-efficacy, and barriers to health promotion can improve health-promoting behaviors. Further testing with comparison groups is needed to further test the efficacy of the intervention.

**Abstract History:**
This abstract has been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.
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**Submitted by:**
gayle.acton@mail.utexas.edu