

P-739 - EDUCATIONAL PROGRAM FOR CAREGIVERS OF OLD PATIENTS WITH HISTORY OF SUICIDAL IDEATION OR SUICIDAL ATTEMPTS IN PSYCHO-GERIATRIC WARD: A POLIT STUDY

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Introduction: The elderly suicidal rate in Hong Kong is alarmingly high comparing with other western countries. The main caregiver experienced great stress after their old relatives had attempted suicide. Thus, an educational program for caregivers of older patients with history of suicidal ideation or suicidal was conducted in psycho-geriatric ward in Hong Kong.

Aim: The study aims to evaluate the effectiveness of an educational program for caregivers of target patients.

Objectives:

1. To assess the care needs of subjects so as to develop and implement an educational program for them.
2. To evaluate the effectiveness of educational program.

Methods: 8 caregivers of the patient who presented with suicidal idea or attempted suicide before current admission, and were diagnosed depression in study ward were recruited by convenience sampling. According to literature review, an educational program was developed and conducted. The pre-and-post quiz paper of education contents, caregiver strain index (CSI) and evaluation form of program arrangement were used to evaluated the program.

Results: The CSI were significantly dropped in physical and psychological aspects and slightly dropped in future plan adjustment and financial burden. The post quiz scores revealed that most subjects had increased in knowledge about elderly suicide, depression and caring techniques. The evaluation forms results showed all subjects were satisfied with the program arrangement, educational contents and teacher, who was a registered nurse.

Conclusion: The educational program was able to empower the caregivers of depressed elderly and ensure their contingency care in community after discharge.