

# Evaluation of the Effectiveness of Psycho-Education for Stroke Patients in a Nursing Home and their Care-Givers

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The aim of the current study is to investigate the effectiveness of the psycho-educational program started at nursing home Klevarie for stroke-patients and their caregivers in expanding their: knowledge about a stroke and its consequences;...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Central nervous system vascular disorders
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON30583

### Source

ToetsingOnline

### Brief title

Evaluation of psycho-education for stroke-patients and their care-giver

### Condition

- Central nervous system vascular disorders
- Disturbances in thinking and perception

### Synonym

CVA, stroke

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Vivre, verpleegkliniek Klevarie

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** Cognitive, emotional and social consequences, Nursing Home, Psycho-education, Stroke

## Outcome measures

### Primary outcome

The primary study parameters are knowledge about stroke, signalling cognitive failures, competence, health-related quality of life and evaluation of the intervention/information-provision.

### Secondary outcome

The secondary study parameters are mood and self-efficacy expectations.

## Study description

### Background summary

At the moment, elderly stroke survivors in the Netherlands receive relatively little rehabilitation treatment. Often they end up in the rehabilitation division of a nursing home which is primarily focused on physical rehabilitation. Little or no attention is paid to cognitive and emotional rehabilitation. While research has indicated that the cognitive, emotional and social consequences of stroke can have adverse effects on functional recovery, quality of life, cognitive functioning and survival. Therefore, for this target group, a new psycho-educational intervention has been developed. This psycho-educational intervention focuses on respectively the physical, cognitive, emotional, social and relational changes following stroke. By offering patients and their caregivers information and giving them the opportunity to share their experiences with fellow-sufferers it is expected that they will cope better with the changed life-circumstances and get more realistic expectations for the future. This may contribute to an increased mood and quality of life after stroke.

### Study objective

The aim of the current study is to investigate the effectiveness of the psycho-educational program started at nursing home Klevarie for stroke-patients and their caregivers in expanding their: knowledge about a stroke and its

consequences; competence to deal with the consequences; ability to signal the cognitive disabilities and quality of life.

## **Study design**

The study will have a quasi-experimental design. The participants will not be allocated at random, but the first 5 suitable patients and their caregivers will form the first control group. The next 5 suitable patients and their caregivers will form the first experimental group; the next 5 suitable patients and their caregivers form the second control group, etc. This procedure will be repeated until there are 4 experimental and 4 control groups; each group will consist of 10 participants: 5 patients and their caregivers. There will be guarded against extreme differences between the groups in admissionlength of the patients at Klevarie. The pre- and posttest consists of several questionnaires. In between the experimental group will receive the intervention in 5 weekly sessions. There will be a follow-up three months after the course. Afterwards, the participants from the control group will get the opportunity to have an individual conversation with the psychologist in which they will receive information which is offered in the psycho-educational program.

## **Intervention**

The psycho-educative intervention is given as a group therapy and consists of 5 weekly theme-sessions of an hour:

- 1) general acquaintance and outline (psychologist)
- 2) what is a stroke and what are the physical consequences (doctor)
- 3) cognitive function impairments after a stroke (psychologist)
- 4) mood changes after a stroke (psychologist)
- 5) social and relational changes after a stroke (psychologist)

## **Study burden and risks**

The questionnaires are in general shortened versions of the originals adapted to stroke-patients. The patients are already admitted at Klevarie so they do not have to travel to the nursing home for these research only.

## **Contacts**

### **Public**

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## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

**Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

Patient:

- He/she is admitted for rehabilitation in geriatric hospital Klevarie between January 2007 and May 2007 because of a stroke;
- he/she is 18 years or older;

Caregiver:

- he/she is a partner/child (in-law) of the patient
- he/she is 18 years or older.

### **Exclusion criteria**

- He/she has a severe language deficiency or is not fluent enough in the Dutch language to understand the intervention and test instructions;
- he/she has insufficient physical capability to undergo the intervention and questionnaires;
- he/she has severe vision- and/or auditory problems, through which written or oral information cannot be processed sufficiently;
- he/she suffers or has suffered recently from a severe psychiatric disorder;
- he/she does not consent to participate in the study.

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)

**Primary purpose:** Treatment

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-12-2006
Enrollment:	80
Type:	Anticipated

## Ethics review

Approved WMO	
Application type:	First submission
Review commission:	METC SRL/iRv: St Revalidatie Limburg/iRv Kenniscentrum voor Revalidatie en Handicap (Hoensbroek)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

**In other registers**

Register	ID
CCMO	NL15310.022.06