Comparative evaluation of two vocational training devices focused on accompanying Ehpad residents with psycho-behavioral disorders

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authors
Philippe Denormandie ¹ *
Véronique Dubost ²
Dhiba Marigot-Outtandy ¹
François Bertin-Hugault ²
François Hermann ³
Sylvie Treffel ³
Claude Jeandel ⁴

¹ Institute of Aging Well Korian, Paris, France
² Medical Direction, Korian Group, Paris, France
³ Formadep, Paris, France
⁴ Geriatric Department, Montpellier University Hospital, France

* Excluded

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Context: The psycho-behavioral disorders of the elderly subject are a source of suffering, burn out and significant turnover for caregivers. The increase in life expectancy will accentuate this situation in the future. Objective: The specialized training of caregivers makes it possible to reduce their distress and compare 2 Humanitude® and Formadep® trainings. Method: A non-randomized multicenter comparative study including 9 Ehpad residents from the Korian group in 3 training groups: Humanitude®, Formadep® and a 29-week follow-up control. The parameters studied are NPI-ES (FG and R), BMS-10, ECPA and GIR scores, resident medications and caregiver burn-out / turn-over rates. The tests used are Wilcoxon signed-rank test, Ancova and linear regression. Results: 320 employees and 459 residents included in 3 groups including 50% of dementia syndromes. In the Formadep® group: transient decrease in overall NPI-R score (p <0.05), prolonged decline in NPI-FG "agitation / aggression" (p = 0.035) but transient decrease in NPI-R (p <0.05), prolonged increase in NPI-FG "apathy / indifference" (p = 0.002) but transient NPI-R (p = 0.003), prolonged decline in NPI-R score (p = 0.0039) for motor aberrant behaviors (CMA). In the Humanitude® group: transient rise in the NPI-R score (p = 0.025) for MACs and decrease in the NPI-R score (p = 0.0032) in depression (subgroup Alzheimer's disease). The other parameters remain unchanged. Conclusion: Despite the great variability and evolution of psycho-behavioral disorders, Formadep® training has shown a favorable impact on the global impact of caregivers and the three disorders known to be major sources of distress, compared to Humanitude®. This difference can be explained by their philosophy. Nevertheless, the patient's management must be multifactorial.
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