

Relationship between Knowledge, Attitude, and Burden among Alzheimer's Family Care Givers in Jeddah, Saudi Arabia

Amal I Khalil

Department of Psychiatric and Mental Health Nursing, Menoufyia University, Egypt 2College of Nursing, King Saud University for Health Sciences, Jeddah, Saudi Arabia

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Abstract

Background: According to Alzheimer's disease association. The prevalence of Alzheimer's patients will increase to reach 68% worldwide by 2050. More specifically according to Saudi Alzheimer's Association, the number of Alzheimer's patients was reported to be 130 thousand in Saudi Arabia. Therefore, this study looked at assessing the knowledge, attitudes, and level of burden among family care givers having Alzheimer patients. **Methodology:** A descriptive cross sectional correlational survey design was used to include 150 family care givers from Geriatric Society Association located in Almontazahat District, Jeddah, K.S.A. Three validated tools were used to assess the knowledge, attitudes and burden related to Alzheimer's disease namely: Alzheimer's disease Knowledge Scale, The Dementia Attitudes Scale, and Burden Scale for Family Caregivers. **Findings:** The majority (88.6 %) of the respondents were female, their mean age was (29.2 ± 12.5), and 55.6% had Bachelor level of education. Nearly three Quarter (72.5 %) of the respondents have moderate level (16-24 out of 30) of total knowledge of Alzheimer's scale. Surprisingly, 78.5% of the respondents had a negative attitude, and 81.9% felt burden towards their Alzheimer's patients. Unexpectedly, a negative correlation was reported between participant's knowledge and their attitude at $p \geq 0.5$ while, a positive correlation was conveyed between respondents' knowledge and family burden scale at $p \geq 0.5$. **Conclusion and implications:** It's concluded that, the level of knowledge among study participants was moderate while their attitude was negative and felt burden toward having Alzheimer's patients. Therefore, it's recommended to conduct psychosocial interventions to improve family caregiver attitudes and reduce their burden toward their beloved Alzheimer' patients. Comprehensive management of the Alzheimer patients includes building a partnership between health professionals and family caregivers, referral to Alzheimer's Associations, and psychosocial interventions where indicated

Biography:

Dr. Amal I. Khalil got her Ph.D. in 2004 and had been promoted as a Professor of Psychiatry and mental health nursing in 2020 by Supreme Council of Universities, Cairo University, Egypt. Dr. Khalil works at faculty of Nursing, Menoufyia University in Shebin-Elkhayma, Egypt. From 2005 – 2009 She worked as an assistant professor in Applied sciences private university, Jordan. Currently Dr. Khalil is working in king Saud bin Abdul-Aziz University for health sciences, college of nursing, Jeddah, where she was awarded many times for her teaching activities, community, and social contributions. She was nominated as a reviewer to the Journal of Horizon Research Publishing, USA, International Journal of Nursing and Clinical Practices and international journal of research in nursing. Dr. Khalil has more than 45 publications and presenting much research in both national and international conferences. In addition to teaching and research activities, she had worked as a psychotherapist and counsellor at a private

practice in Egypt. And had membership in APNA (American Psychiatric Nurse Association), and child safety program related to National Guard health affairs, Saudi Arabia, and KAFA institution for smoking and addiction management, KSA family. Email: khalila@ksau-hs.edu.sa Full name of conference, city, dates, (with hyperlink to conference site)

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