

## ORAL PRESENTATIONS

### OP14

# Feasibility of Structured Multicomponent Family Caregiver Training Program for Parkinson Disease

Sharmila Gopala Krishna Pillai<sup>1,2</sup>, Nor Azlin Mohd Nordin<sup>2</sup>, Norlinah Mohamed Ibrahim<sup>3</sup>

<sup>1</sup> Physiotherapy Program, Center for Rehabilitation and Special Needs Studies, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia

<sup>2</sup> Centre for Physiotherapy Studies, Faculty of Health Sciences, Universiti Teknologi MARA, Cawangan Selangor, Kampus Puncak Alam, Puncak Alam, Selangor, Malaysia

<sup>3</sup> Department of Medicine, Faculty of Medicine, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia

## ABSTRACT

**Background and Objectives:** Parkinson's Disease (PD) is a chronic neurodegenerative disease which necessitate persons with PD (PwPD) to obtain family centered care as the disease advances. There is no study till date investigating the feasibility of a family caregivers training program for PD in Malaysia despite the significance of the disease. Hence, the study aims to examine the feasibility of a newly developed, structured-multicomponent family caregiver module-based training program. **Method:** Mixed method study using single group pre-post design was conducted. Five PwPD and their family caregivers were recruited, and module-based training was provided to the family caregivers. The family caregivers were then expected to provide a 12-week therapy for the PwPD based on the module. Feasibility was evaluated through the analysis of safety and compliance to the program. Responses were collected from the family caregivers based on Acceptability of Intervention Measure (AIM), Intervention Appropriateness Measure (IAM) and Feasibility of Intervention Measure (FIM). In depth interview was embedded to understand the legibility and understanding of the module plus the feasibility of the program. **Results:** Participants completed the program with no adverse events reported. The compliance rate of the PwPD towards the therapy is satisfactory as 80% of the participants submitted program logbook. Mean total score of AIM, IAM and FIM are  $18.20 \pm 2.68$ ,  $17.80 \pm 2.68$ ,  $17.80 \pm 1.64$  respectively indicating good acceptability, appropriateness, and feasibility. Key qualitative themes include caregiver adaptation, visual supplemented guide, and flexible training program. **Conclusion:** The developed structured-multicomponent family caregiver module-based training program in this study is well-received, relevant, and feasible. Further study is warranted to evaluate the program's effectiveness.

**Keywords:** Acceptability; Appropriateness; Caregiver; Comprehensive; Feasibility

### Corresponding Author:

Sharmila Gopala Krishna Pillai  
Email: sharmilapillai@uitm.edu.my  
Tel: +60102486045