Non-Pharmacological Interventions for Latinos with Alzheimer's Disease and their Family Caregivers

Aracely Duerkop, McNair Scholar
Joseph E. Gaugler, Ph.D., School of Nursing

Introduction

• The objective of this literature review was to determine the effectiveness of non-pharmacological treatments (NPTs) for Latinos with Alzheimer's Disease (AD) and their family caregivers.

• On average Hispanic and African American caregivers spend more time care giving than non-Hispanic white caregivers and Asian American caregivers. [1]. In 2016, 5.4 million Americans of all ages have AD [2].

• Hispanics are about 1.5 more times more likely to develop Alzheimer’s disease than whites [3].

Significance of the Study

• By the first half of the 21st century, the number of Hispanic elders with Alzheimer’s and related dementias could increase more than six-fold to 1.3 million by 2050 [4].

• In 2016, the Alzheimer’s Association estimated that $236 billion dollars are spent in healthcare costs related to AD [5].

• With the growing diversity of persons with AD, particularly Latinos, culturally tailored non-pharmacological treatments (NPTs) for Latinos are needed.

Methods

Research studies published in English were obtained by searching PubMed (2003-2016). The literature review search criteria were as follows:

• Randomized clinical trials (RCTs) or systematic reviews that included NPTs of Hispanic-Latinos with AD and their family caregivers.

• Keywords included Alzheimer’s Disease & Hispanic Latino.

• Abstracts were screened by the 1st author (A.D) to identify those that met the inclusion criteria.

• Full articles of studies that met the inclusion criteria were then reviewed and study design and findings were extracted and compared.

Results

• 32 articles were found under the key words search with Alzheimer’s disease, Hispanic/Latino.

• Ten of the articles analyzed were RCTs and one literature review was utilized.

• The results were that Hispanic caregivers who participated in the intervention group experienced a greater enhancement in quality life than those who did not.

• Results showed that cognitive behavioral therapy reduced depressive symptoms on the Hispanic caregiver.

• Interventions that included specific cultural considerations for Latinos are the most effective to reduced caregiver burden among the Latino/Hispanic population.

Discussion

• Family caregivers often suffer from negative physical, emotional, and psychological outcomes due to caring for a person with AD.

• This brief review of the literature found that Latino caregivers appeared to benefit from various NPTs, including decreases in burden, increases in social support, and positive perceptions of the caregiving experience.

• Interventions that included specific cultural considerations for Latinos are the most effective to reduced caregiver burden among the Latino/Hispanic population.

• Educational programs, and community outreach programs were found to be the most effective way on enhancing the overall health of Latino/Hispanic caregiver’s of Alzheimer's Disease.

Table 1. Selected Evidence Table

<table>
<thead>
<tr>
<th>Study</th>
<th>Type of Study</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Levy-Storns et al. (2016).</td>
<td>Clinic-based intervention (Pilot RCT)</td>
<td>At the post-test, Latino caregivers who participated in the intervention reported reductions in safety risks in comparison to the those who did not participate.</td>
</tr>
<tr>
<td>Marquez et al. (2014).</td>
<td>RCT 4-months and 8 months</td>
<td>Scores significantly improved in the BAILAMOS group at 4 and 8 months compared to the control group. Physical education promotes physical and cognitive health in the Hispanic population.</td>
</tr>
<tr>
<td>Czaja et al. (2013).</td>
<td>RCT 5 months</td>
<td>Latino caregivers who received the intervention reported a decrease in burden, an increase in perceived social support and positive perceptions of the caregiving experience.</td>
</tr>
<tr>
<td>Sayegh &amp; Knight (2013)</td>
<td>RCT</td>
<td>Neuropsychological Test Performance (NP) had a statistically significant association with the diagnosis in both groups. Lower NP was associated with a dementia diagnosis. Behavioral Psychological Symptoms (BPS) on diagnosis was stronger in Hispanics compared with Non-Hispanic Whites NHWs.</td>
</tr>
<tr>
<td>Llanque et al. (2012).</td>
<td>Literature Review 2000-2011</td>
<td>Interventions such as in-person/phone support groups, educational programs and community outreach programs were found to be beneficial to Latino caregivers of Alzheimer’s disease.</td>
</tr>
<tr>
<td>Gallagher-Thompson et al. (2008).</td>
<td>RCT 4-months, 6 months</td>
<td>Hispanic and non-White Hispanic caregivers reported better coping skills as caregivers.</td>
</tr>
<tr>
<td>Belle et al. (2006).</td>
<td>RCT 6 months</td>
<td>Caregivers from the three different areas, such as burden, self-care, and patient problem behavior experienced a greater enhancement in quality life than those in the control group over the 6 months’ period.</td>
</tr>
<tr>
<td>Sano et al. (2006).</td>
<td>RCT 12 months</td>
<td>The competition rate among Hispanic speaker was 77% in compared to the English Speaker cohort. The Spanish speaker cohort had a lower rate on measures of cognition, function and clinical globe change. Behavioral changes were similar among both groups.</td>
</tr>
<tr>
<td>Eisdorfer et al. (2003).</td>
<td>RCT 6-months, 18 months</td>
<td>Depression symptoms were reduced among Cuban American and White Americans after the therapeutic intervention.</td>
</tr>
<tr>
<td>Gallagher-Thompson et al. (2003).</td>
<td>RCT 3 months</td>
<td>Cognitive behavioral therapy reduced depressive symptoms for caregivers. The overall benefits from Coping With Caregiver program was similar both Latinos and Anglos.</td>
</tr>
</tbody>
</table>