

Preliminary validation of a scale to measure caregiver self-efficacy with complex care tasks



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New 10-item measure of caregiver confidence with routine clinical care tasks for persons living with dementia (“complex care”; e.g., assessing health changes) demonstrates reliability and validity.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS																				
- Two-thirds of family caregivers to persons living with dementia assist with complex care tasks, often with little or no training. - These task include routine clinical care activities that require skills in assessment and decision-making (e.g., identifying pain, evaluating home safety). Purpose: This study evaluates the validity of a new measure to evaluate caregiver self-efficacy with routine clinical care to guide the development of evidence-based interventions.	Item development: Sixteen items were identified through consultation with an interdisciplinary healthcare team (e.g., nursing, occupational therapy) to evaluate a complex care training program. Data: Data were collected using interview-administered surveys with family caregivers to persons with mid-stage dementia (N=216). Caregivers were asked to rate their confidence with tasks from 1 (not at all confident) to 5 (very confident). Analysis: We applied a stepwise approach to identifying items to retain based on missingness (<10%), skew (+/2), kurtosis (+/-7), inter-item correlations (<.60), and factor analysis.	Internal consistency for the 9-item scale was “good” (alpha=0.83). The scale demonstrated concurrent validity with a validated measure of caregiver self-efficacy ($r=0.47$, p-value<.001), as well as convergent validity with caregiver wellbeing ($r=0.23$, p-value=.002). Divergent validity with depression was not demonstrated ($r=-0.13$, p-value=.07). Caregiver Confidence Ratings across Complex Care Tasks ■ Confidence Rating: 0 (Not confident) to 5 (Very confident) <table><tr><th>Complex Care Tasks</th><th>Average rating</th></tr><tr><td>Making choices about the care recipient's health</td><td>4.46</td></tr><tr><td>Identifying changes in the care recipient's health</td><td>4.15</td></tr><tr><td>Managing medications</td><td>4.73</td></tr><tr><td>Assessing dehydration</td><td>3.6</td></tr><tr><td>Assessing pain</td><td>3.41</td></tr><tr><td>Modifying home safety</td><td>4.36</td></tr><tr><td>Modifying activities</td><td>3.76</td></tr><tr><td>Understanding the care recipient</td><td>3.61</td></tr><tr><td>Managing behavioral symptoms of dementia</td><td>3.55</td></tr></table>	Complex Care Tasks	Average rating	Making choices about the care recipient's health	4.46	Identifying changes in the care recipient's health	4.15	Managing medications	4.73	Assessing dehydration	3.6	Assessing pain	3.41	Modifying home safety	4.36	Modifying activities	3.76	Understanding the care recipient	3.61	Managing behavioral symptoms of dementia	3.55	The scale measuring routine clinical care was found to be valid and reliable. This new scale provides a concise measure of caregiver self-efficacy with routine clinical care tasks that can be applied to interventions. Kylie Meyer, PhD, Case Western Reserve University Research reported in this poster was supported the National Institute on Aging of the National Institutes of Health under award number R01AG077554. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.
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