Conference Abstract

Stress Resilience Programme

Nigel Hughes, *Cardiff and Vale University Health Board, United Kingdom*

Correspondence to: **Nigel Hughes,** *Cardiff and Vale University Health Board, United Kingdom, E-mail: nigel.hughes2 @wales.nhs.uk*

Abstract

Introduction: Staying healthy is important for everyone, but it's especially important for carers. Many carers have little time to look after themselves, and many carers feel emotionally drained, stressed and suffer from sleep deprivation, this can often leave the carer prone to health problems.

A carer is anybody who looks after a loved one, partner or friend who needs help because of their ill health, frailty or disability. All the care they give is unpaid, often giving up financial security, time and their own health. Many carers don't see themselves as carers, and juggle the responsibilities of caring alongside work and other family commitments. These situations can lead the carer to feel frustrated and angry and places the carer under increased stress.

A survey by the Carers Trust in 2012 asked carers to list issues that they felt are important. 90.4% of carers identified stress as a key factor in their role.

In an article for the Journal of the Royal College of Physicians the Department of Medicine for the Elderly at Bolton General Hospital concluded that high levels of stress on carers interfered with their daily lives and had implications on future care planning.

Aims and Objectives: The Cardiff and Vale University Health Board (UHB) covers a population of 472,400, across an area of 471 km². The 2011 census recorded 50,580 carers in Cardiff and the Vale of Glamorgan, a 12% rise from the census in 2001.

Our aim was to develop an e-learning programme giving carers a range of practical information, techniques and guidance in managing their levels of stress.

Alongside the cost benefits of e-learning, and with 73% of households in Wales having access to the internet, carers are not restricted to time or to place, it offer carers flexibility to gain knowledge and understand where and when they wish, to review aspects of the learning material and to focus on any particular areas they find of interest and help.

Having identified our intended audience Cardiff and Vale UHB worked closely with an external company who specialise in providing online services for Psychotherapists and Psychotherapeutic Counsellors to construct an e-learning programme. This was undertaken in collaboration with our partners in Local Authority, Voluntary and Third Sector our objective was to develop a free resource, which is designed for anyone who is providing care and requires emotional support

Results: Initial feedback from carers and our partners have been very positive. The programme gives carers help with their emotions, on managing their health needs, particularly looking at

communication, anxiety, stress and sleep deprivation. The programme also looks at managing relationships, the care system, and how to record a reflective journal.

Conclusions: The e-learning programme embraces many of the values of Cardiff and Vale UHB. The programme gives carers an understanding in managing their emotions as a key step towards feeling better.

We know Caring is sometimes not easy and it changes lives, the programme will provide the carer with some quick tools, tips and techniques.

Further developments are planned to make the e-learning programme interactive and to develop an App of the programme.

Keywords

stress; resilience; programme; e-learning; carers

PowerPoint presentation:

https://www.conftool.pro/digital-health-care-2014/index.php?page=adminPapersDetails&path=adminPapers&form_id=33