

427 - Psychoeducation Program for the Prevention of Older Adults' Infantilization in Professionals working in Nursing Homes

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Introduction

Kayser-Jones (1981) described infantilization as one of the four most frequent types of violence in nursing homes. Older people perceive infantilization as disrespectful and patronizing. In professionals, it can lead to protective behaviors that reduce autonomy and generate more dependency. Despite the importance of this phenomenon, the interventions are scarce and show methodological limitations.

Objective

This study analyzed the efficacy of a psychoeducation program for the prevention of infantilization in professionals working in nursing homes. The sample included 154 direct-care workers. The experimental group (N=111) attended a psychoeducational group intervention program while the control group (N=43) did not attend any intervention program. We assessed the infantilized practices the professionals recognized they conducted and the ones observed in the institution before and after the intervention. The intervention lasted 6 hours and included four sessions distributed in two days. These sessions aimed to reduce negative stereotypes, preventing infantilized communication patterns and the use of behaviors or practices that are frequently used with children. We also offered professionals alternative practices that recognize autonomy, decision-making and respect older adults' dignity and uniqueness. To analyze data, we conducted Repeated measures of ANOVA and one-way ANCOVAs.

Results:

The scores of infantilization in the experimental group significantly decreased from pre-intervention to post-intervention in the professional, $F(1, 85) = 37.184, p = .01, partial \eta^2 = .030$, and in the institution, $F(1, 84) = 32.128, p = .01, partial \eta^2 = .277$, while the control group did not show any changes. There was a statistically significant difference in post-intervention between the experimental and the control group when participants scored their infantilization practices, $F(1, 115) = 5.175, p = .03, partial \eta^2 = .043$, and infantilization practices observed in the institution, $F(1, 115) = 5.810, p = .018, partial \eta^2 = .048$.

Conclusion:

These results reflect the importance of developing interventions focused on preventing infantilization, methodologically rigorous, in which professionals' training and education are considered key pieces to generate a culture of change. More research is needed to understand this problem in greater depth to develop programs that address this problem at different levels.

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428 - Reflections on geriatric psychopharmacology in Portugal

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Background: The most common psychiatric illnesses include depressive and anxiety disorders. However, the gap between therapeutic indication and pharmacological consumption is evident, with anxiolytics and antidepressants being some of the most prescribed drugs for the general population and, in particular, for the elderly. However, several of these psychotropic drugs are