

Abstract

Background

The Department for Development of Thai Traditional and Alternative Medicine (DTAM) has provided Thai traditional medicine services to the public. Most of the clients seeking services at the DTAM are the elderly with an average age of 67 years who are suffering from back pain, extremity pain, and paralysis. Evidently, they are not fully self-dependent so that caregivers are needed.

It is believed that the effectiveness of the services provided by the DTAM can be enhanced by the participation of caregivers in caring patients at home. However, previous studies have shown that poor quality of life of caregivers will not only affect their own health but also the effectiveness of care provision to the elderly in the family (Penkhae Chivayapan, 2545; Jiraporn, 1999). In the past, there was no program in promoting quality of life of caregivers implemented by the DTAM although the evidence has shown that it may improve the effectiveness of caring patients.

As a result, this project is proposed to promote quality of life of caregivers for the elderly patients at the DTAM, which is expected to improve the effectiveness of the provision of services at the DTAM.

Project purpose

The purpose of implementing this project is to promote quality of life of caregivers of the elderly patients at the DTAM, Ministry of Public Health.

Strategies

Based on the literature review, three strategies for promoting quality of life of caregivers for the elderly were established. These include:

1. Improving knowledge and skills about caring patients for caregivers, this will help improve their physical and mental quality of life,
2. Improving physical and mental health of caregivers, this will help improve their physical and mental quality of life,
3. Developing networks among caregivers to improve their social relationship.

Objectives

1. No less than 80% of caregivers participated in the programs improve their knowledge and skills in caring the elderly patients, by B.E. 2544
2. No less than 80% of caregivers participated in the program having good physical and mental health by B.E. 2554.
3. No less than 80% of caregivers participated in the program is networking by B.E. 2554.

Activities

To achieve the above objectives, six activities will be conducted. These include:

1. Social marketing,
2. Development for network of caregivers' society,
3. Yoga exercise,
4. Meditation therapy for mental health,
5. Training workshop,
6. Sermon practice.

Duration

This project will be completed within 1 year from January to December B.E. 2554.

Estimated Budget

The total estimated budget is 3,410,000 Baht. (see budget breakdown in appendix B)

Opportunity and Risk

There is opportunity for the success of this proposed project because the project is expected to receive good cooperation from the staff in various sections in the DTAM including: Promotion of Thai Traditional Medicine Section, Foreign Relations, Information and Technology Center, and Bureau of Alternative Medicine. Importantly, the DTAM staffs will be the members in the working committee, who will be responsible for implementing the whole project.

There may be some risks which may affect the success of the project if the DTAM executives are changed, and if the budget of the DTAM is allocated based on the variation of government policy. However, this concern is minimal because budget for this project is requested from the Thai Traditional and Herbal Medicine Fund which will not be affected by the changes of the DTAM executives and the government policy.

Project Management

Permission for implementing the project will be sought from the Director-General of the DTAM. The management process is as the following:

1. Seeking approval for conducting the project in DTAM service,
2. Appointment of the DTAM staffs as working committee of the project,
3. Seeking permission of using the DTAM facilities as the center for implementing the project activities.

Monitor and Evaluation

The project implementation will be systematically evaluated as follows:

1. Process Evaluation

Process evaluation will be performed to assess the strengths and weaknesses of the implementation of each program activity. The findings will be used to improve the implementation of the program activities.

2. Output Evaluation

Output evaluation will be performed to assess the outputs achieved in each program activity. The output indicators are as follows:

- Percentage of caring patient handbooks distributed to caregivers at the DTAM, Percentage of VCD about physical therapy and mobilization of patients distributed to caregivers at the DTAM,
- Percentage of radio broadcasting sessions about caring the elderly given to the public,
- Percentage of sessions about caring the elderly given to the public via website,
- Percentage of exhibitions about caring the elderly patients performed at the DTAM,
- Percentage of number of days performing hotline services,
- Percentage of number of days of providing counseling to caregivers through voice mail,
- Percentage of number of days giving advices to caregivers through e-mail,
- Percentage of number of days providing online conversation or chat room with caregivers,
- Percentage of arrangements of caregiver clubs,
- Percentage of the caregivers participating in Yoga exercise,
- Percentage of caregivers participating in the meditation therapy program,
- Percentage of caregivers attending the training workshop,
- Percentage of caregivers participating in sermon sessions.

3. Outcome Evaluation

Outcome evaluation will be performed to assess the expected outcomes of the project. The outcome indicators are as follows:

- Increase in knowledge levels between pre- and post-training workshops over the year B.E. 2554,
- Improve physical and mental quality of life, and social relations of caregivers giving the elderly patients in DTAM service.

Quality

The project quality can be assumed as the DTAM staff involving in this project are capable of conducting the project, provide good cooperation in the project, and are responsive to the project. This will affect the success of the project.