Influence of IMPACT training model based on family doctor system on care knowledge and skills of home long-term caregiver

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Introduction: The aging of the population makes the problem of providing for the aged increasingly prominent. areas in China are still mainly cared for by family members. It is reported that 97.3% of the elderly in rural China need to be cared for by their spouses, children or grandchildren. Because family members or non-professional caregivers lack professional quality and basic medical knowledge, especially for the sick elderly, the service quality is difficult to guarantee. IMPACT training mode is one of the most widely used training modes in modern enterprises. For managers, this model can easily control the whole process. This study explores the feasibility of the IMPACT training model—a family doctor-led system—by up-scaling the knowledge and skills of long-term caregivers at home.

Objective: To explore the influence of the IMPACT training model based on family doctor system on care knowledge and skills of home long-term caregiver.

Methods: A total of 200 home caregivers were trained using IMPACT training model for 4 weeks. The outcome was self-assessment of home caregivers before and after the training, and an examination on 4 modules of nursing professional knowledge including knowledge of geriatric topics, safety, nursing practices, and rate of qualification after being trained.

Results: After implementation of the IMPACT model training, self-assessment of home caregiver in geriatric knowledge was higher than before the training (p<0.01); scores of 4 modules of nursing professional knowledge were higher than that before the training (p < 0.01); ware of qualification of nursing skills was 96.5%; and the scores of health knowledge, nursing knowledge and safety knowledge of trained caregivers were higher than those without training (p < 0.05).

Conclusion: The whole family group using the IMPACT training model could effectively improve the awareness of the elderly care knowledge, home care professional level and skills based on the family doctor system. This model can provide reference for China to cope with the aging of population and to train long-term caregivers. It can also promote the effective operation of general practice team and the good development of a family doctor led system.