Knowledge, Attitude and Practice of family caregivers to prevent PIs among community-dwelling older adults in Indonesia (KAP-PI): an assessment instrument (the final version)

1. Characteristic of Family Caregivers

|  |
| --- |
| Age :  |
| Sex : |
| Age of your older relative:  |
| Educational Background  |
| 1. Primary education
 |
| 1. Lower secondary education
 |
| 1. Upper secondary education
 |
| 1. Diploma
 |
| Occupation |
| 1. Unemployed
 |
| 1. Student
 |
| 1. Employee
 |
| 1. Self-employed
 |
| Relationship with older adults |
| 1. Children
 |
| 1. Spouse
 |
| 1. Other relatives, mentioned:
 |
| Living in the same house with older adults |
| Yes No |
| Sharing responsibility with other in caring for older adults |
| Yes No |
| Duration of caring for older adults |
| 1. ≤ 1 year
 |
| 1. > 1 - ≤ 3 years
 |
| 1. > 3 - ≤ 5 years
 |
| 1. > 5 years
 |
| Duration of supporting older adult’s ADL in a day |
| 1. Undefined
 |
| 1. ≤ 3 hours
 |
| 1. > 3 - ≤ 8 hours
 |
| 1. > 8 hours
 |
| Living with older adult (s) who experienced PI(s) |
| Yes No I do not know |
| Had experience in PI care |
| Yes No |

1. Knowledge domain

Instructions :

1. Choose one of the correct answers from the answers below.
2. If you find the word “older adults or older relatives”, refers to people aged 60 years or older.

|  |
| --- |
| **Topic: Definition of PI and older adult’s characteristics** |
| **1** | The normal changes that occur in the older adult’s skin are:1. The skin becomes wrinkled and moist
2. The skin becomes wrinkled and gets wet easily
3. The skin becomes wrinkled and dries easily\*
 |
| **2** | A Pressure injury is:1. An injury that occurs due to the use of diapers
2. An injury on the skin which usually occurs over a bony prominence as a result of pressure\*
3. An injury that occurs due to pressed by tight clothes
 |
| **Topic: Symptoms, cause, and consequences of PI** |
| **3** | Symptom(s) of pressure injuries are:1. The skin looks reddish
2. There is visible skin damage/wounds
3. Options A and B are correct\*
 |
| **4** | The cause of a pressure injury is:1. Continuous pressure and shear against the skin\*
2. Squeezed objects falling on the body
3. The pressure of clothes attached to the body
 |
| **5** | Pressure injuries in older adults can cause:1. Pain and infection\*
2. Nausea and vomiting
3. Urinary incontinence
 |
| **Topic: Preventive strategies that family caregivers can perform to prevent PIs** |
| **6** | What to do to prevent pressure injuries in older adults? 1. Wear loose clothes
2. Use footwear when leaving the house.
3. Prevent prolonged pressure on the skin\*
 |
| **7** | Pressure ulcers in older adults can also be prevented by:1. Adequate feeding and drinking\*
2. Sunbathing
3. Prevent stress on older adults
 |
| **8** | For immobile/ bedridden older adults, what should be done to prevent pressure injuries?1. Mobilization to the left and right sleeping position\*
2. Positioning the older adults always sleeps on their back without any wedge
3. Let older adults sleep without being disturbed.
 |
| **9** | A thing that should be done on older persons’ dry skin to avoid pressure injuries is:1. Apply powder to keep the skin dry
2. Moisturizes dry skin\*
3. Cover the dry skin with a bandage
 |
| **10** | A thing that should be done when an older persons’ skin turns red is:1. Let it dry itself
2. Release pressure and shear\*
3. Give betadine or iodine.
 |
| **11** | A thing that should be done if the skin of an older adult shows deep pressure injury is: 1. Take the older adults to health care services\*
2. Treat using honey
3. Let it open
 |
| **12** | Using a special mattress for older adults can prevent pressure injuries. This statement is:1. True\*
2. False
3. I do not know
 |

1. Attitude domain

Would you please choose the correct answer to each of the following statements according to your opinion

| Statements | Strongly disagree | Disagree | Agree | Strongly agree |
| --- | --- | --- | --- | --- |
| I am responsible for the health of the older relative in my house |  |  |  |  |
| The personal hygiene of the older relative in my house must be cared for carefully |  |  |  |  |
| I have to pay attention to the skin moisture and hygiene of the older relative in my house.  |  |  |  |  |
| It is important to pay attention to the food and drink of the older relative in my house |  |  |  |  |
| Pressure injuries on the older relative in my house should be prevented |  |  |  |  |
| Helping the older relative in my house in their activities and movements is my responsibility |  |  |  |  |
| Immobile older relative in my house need to be helped in movement and positioning |  |  |  |  |
| The older relative in my house who experience pressure injuries need to be checked to health care service |  |  |  |  |
| The older relative in my house who are at risk of getting pressure injuries need a special mattress to prevent pressure injuries |  |  |  |  |

1. Practice domain

Instruction:

Please choose,

* Always if it was done every day in the last month
* Often if it was done 4 to 6 days a week in the last month
* Sometimes if it was done 1 to 3 days a week in the last month
* Never if it has never been done in the last month

| **Domain and item generation** | **Never** | **Sometimes** | **Often** | **Always** |
| --- | --- | --- | --- | --- |
| **Topic: Activities performed to support older adults to meet nutritional and fluid needs, maintain environmental hygiene, and access health care services** |
| Provide healthy food for the older relative in my house  |  |  |  |  |
| Provide mineral water for the older relative in my house at least 8 glasses in a day |  |  |  |  |
| Maintain the environmental hygiene for the older relative in my house  |  |  |  |  |
| Took the older relative in my house to health services if they suffer from wounds |  |  |  |  |
| **Topic: Activities performed to support older adults in** **Mobilization, repositioning and facilitating a special mattress**  |
| Helping the older relative in my house to do activities if they cannot do it him/herself |  |  |  |  |
| Helping for the older relative in my house to move if they cannot do it him/herself |  |  |  |  |
| Helping the bedridden older relative in my house to change their position (positioning) regularly if they cannot do it him/herself  |  |  |  |  |
| Provide a special mattress for a bedridden elderly relative in my house |  |  |  |  |
| **Topic: Activities performed to support older adults in skin****hygiene and moisture care** |
| Prevent the older relative in my house from using damp and wet clothes, including changing diapers regularly (if they use diapers) |  |  |  |  |
| Prevent long pressure on the body of the older relative in my house |  |  |  |  |
| Moisturizing the skin of the older relative in my house by giving lotions/oils |  |  |  |  |
| Check the entire skin of the older relative in my house for redness  |  |  |  |  |