**Abstract**

<span style="color:#2e75b6">**Original Article**</span>

# Impact of Neuman Systems Model in Reducing Care Burden Primary Caregivers of Patients with Dementia

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**Abstract**

**Aim:** This research  in order to evaluate the effectiveness of education and support group initiatives given to primary caregivers of dementia ,before and after education, was done using with mixed  a single group quasi-experimental and qualitative methods.

**Method:** Research carried out to primary caregivers of 30 elderly people who fixed the inclusion criteria. Data collected by researcher with using the Primary caregivers identification form, Primary caregiver burden inventory, form of focus group interviews in a planned way, to those who are primary caregivers were given education of caring which related to old people and what can do for themselves about their health  while doing their works and support group interaction provided for them. Ethics committee approval and written informed consent form taken from individuals. While evaluating Mc nemar, Independent test and content Analysis were performed.

**Results:**  Five-dimensional features(physiological, sociological, psychological, developmental, spiritual aspects)which created according to Neuman systems model, which expressed as negative before education,decreases after aducation and the decreasing first and second observations follow-up are also reduced or totally eliminated.Yet,during the focus group discussions primary caregivers's expression related the five dimensions detente between the before and after education statements also changes in a positive way draws attention.   If we look  at the distribution of scores on the inventory's five sub-size dimensions, between total score average (65.883+-19.5) and sub-dimensions such as burden of time-dependence ,developmental physiological and social burden's before and after education scores were found to be significant difference.(p<0.001).

**Conclusion:**  According to the results of this research, the education and support group interaction given to caregivers of demantia patients are pointed to be effective lessen their care burdens.

**KeyWords:** Nursing, public health, geriatric, caregiver burden