



CAREGIVER BURDEN OF PRIMARY CARE GIVERS OF PATIENTS UNDERGOING HEMODIALYSIS AT A TERTIARY CARE HOSPITAL

Nursing

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ABSTRACT

Hemodialysis is the only feasible treatment for prolonging the life of CKD patients. It has increased the longevity of such patients but also has a negative impact on the life of patients as well as their care givers. The long duration of hemodialysis, the large number of complications of treatment and other changes in the physiological and psychological functioning of the patients cause high level of stress and anxiety to their care givers. A descriptive study was carried out to assess the care giver burden among primary care givers of CKD patients on Hemodialysis. The study was carried out among 50 randomly selected primary care providers of patients undergoing HD. Data was collected using a structured questionnaire (sociodemographic characteristics and care giver attributes) as well as using Zarit Burden Interview. Study results revealed majority of them experience mild to moderate level of burden of attending to all the care needs of patients. The calculated mean ZBI score was 39.84 with SD of 14.92. The results show that the average caregiver burden lies with the range of 24.92 to 54.76. Provision of social & organizational support, counselling facilities might play an important role in reducing the care giver burden

KEYWORDS

Caregiver burden, Zarit Burden Interview

INTRODUCTION

Chronic Kidney disease is a chronic progressive multisystem disorder that results in significant reduction of Quality of Life of patients. The Prevalence of this disease is rapidly progressing in India with diabetes as the most frequent etiology (40-50%) followed by Hypertension.¹ Though Kidney transplantation is the best treatment available for CKD, majority of the patients are treated on hemodialysis due to the scarcity of donor kidneys. The long term treatment with Hemodialysis have multiple deleterious effects on physiological, psychological, functional ability, life style and independent status of patient and his family. It places burden in terms of the need for ongoing medical intervention and caregivers are required to assume major responsibility in treatment. This result in the feeling of burden and burn out among the primary care givers.^{2,3}

Problem statement

A study to assess the care giver burden of primary care givers of patients undergoing hemodialysis at a tertiary care hospital Lucknow

OBJECTIVES

The objectives of the study were to

1. Assess care burden of primary care givers of patients undergoing hemodialysis
2. Measure the association of care giver burden with selected care giver attributes.

MATERIAL AND METHODS

This was a cross sectional study conducted at a Hemodialysis center of a tertiary hospital at Lucknow. It is a 21 bedded dialysis center and caters to around 80 patients in a month. This center is a Central Government hospital and provides free treatment to serving and retired Central Government employees and their family members. On an average, 12-15 patients undergo hemodialysis in a day. The study was carried out among the primary care givers of 50 patients undergoing HD. Simple random sampling was carried out to select the samples.

INCLUSION CRITERIA

Caregivers who

- Can understand Hindi/English
- Above 18 years of age
- Are willing to participate in the study.

EXCLUSION CRITERIA

- Caregivers with existing co-morbidities.

Sociodemographic characteristics and care giver attributes were recorded using a structured questionnaire. Care giver burden was assessed using a standardized tool *Zarit Burden Interview*. The data were tabulated in Microsoft excel 2016 and analysed using parametric and non-parametric tests.

Ethical Issues

Ethical clearance was obtained from the Institutional Ethical

Committee to conduct the study. The data was collected only after obtaining written consent from the study participants.

RESULTS.

A total of 50 primary care providers were included in the study. 52% of Primary care givers were females and 48% were males. Majority of caregivers were Children (32%), followed by Parents(20%), siblings (20%) and Spouses(16%). Majority (44%) of the care givers were unemployed or lost job due to frequent visits to hospital.

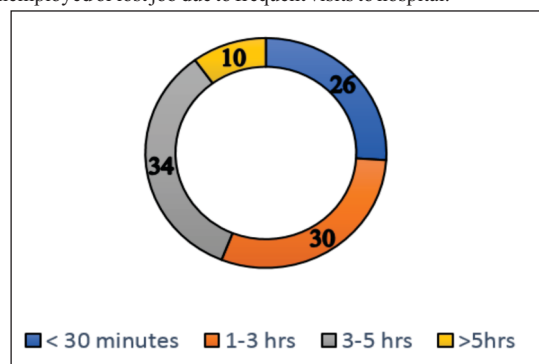


Fig 1: Duration of care per day (n=50)

Fig 1 indicates that majority (34%) caregivers spend approximately 3 to 5 hours in providing care to patients undergoing hemodialysis

Table 1: Caregiver burden of Primary care Providers (n=50)

Burden	Score	Frequency, n (%)
Little or no burden	0-21	2(4)
Mild to moderate burden	21-40	28 (56)
Moderate to severe burden	41-60	14 (28)
Severe burden	61-88	6 (12)

Table 1 shows 28% of care givers expressed that they experienced mild to moderate level of burden of attending to all the care needs of patients. The calculated mean ZBI score was 39.84 with SD of 14.92. The results show that the average caregiver burden lies with the range of 24.92 to 54.76.

Table 2: Stress relieving techniques adopted by Primary care Providers (n=50)

Techniques	Frequency, n (%)
Prayer	20(40)
Meditation	11(22)
Yoga	6 (12)
Counselling	13(26)

Table 2 shows that 40% of care givers resort to prayer for relieving

their burden of care.

DISCUSSION

In this study, majority (38%) of care givers were below the age of 25 years. However, this is in contrast to the study findings by Singh A et al at Gyan Sagar Medical College, Patiala.⁴ This shift may be attributed to the reason that this study is conducted in a Central Govt hospital and the employees have a frequent change of postings. The family members stay back at a single location and look after the patient. Another reason is the early diagnosis of CKD during annual Medical examination. In this study, 32% of care givers were children. This can be explained as most of them belong to nuclear families. The study results also showed that the duration of illness has a significant correlation with the care giver burden.

Care giver burden

56% of Primary care providers experienced mild to moderate burden of care. The average score of ZBI was 39.84 $\pm$ 14.92. This finding was in contrast to other study conducted by Shakya D, Tuladhar J which showed that more than 50% suffer from moderate to severe burden.⁵ The reason may be the free health care services available to the patients and thereby not causing much economic burden.

Coping Strategies

Majority (40%) expressed that prayer was an effective strategy to relieve stress. In this study setting, there is also provision of places of worship for more religious or spirituality. And use their spirituality to cope with stress. In addition, the caregivers as well as patients are given free counselling and yoga sessions in this hospital.

CONCLUSION

The findings from this study reveal that the Primary care providers of patients with CKD on Hemodialysis suffer from care giver burden due to various reasons. They resort to spirituality and prayers for relief from care giver burden. The health care providers should understand this fact and be more empathetic with them and have a patient hearing to their needs and problems. Provision of counselling in the same setting for the care givers while the patient is undergoing HD can bring about a huge change in their burden.

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