Aim: To evaluate Social Determinants of Health (SDOH) in caregivers to determine the impact on caregiver health related quality of life, which may guide clinicians to recommend appropriate resources to support improved quality of life and may also serve to influence policies supporting caregivers.

Background: Caregivers face increased levels of stress that can negatively affect health related quality of life (HRQOL). Additionally, SDOH can contribute to these stressors and further impact health.

Method: An electronic, systematic review of seven databases was used to retrieve 11 articles. The total number of participants from all studies was 38,050 from ten countries. Existing data from the National Alliance for Caregiving 2015 survey was used to compare results from the studies to determine emergent significant findings.

Key Issues: Key findings included that all eleven studies found decreased HRQOL in either the emotional or physical domains. Additionally, nine out of eleven studies found that low income levels had a significant impact on HRQOL. Also, a majority of the studies found that gender played a role in decreased HRQOL, where caregivers are usually female spouses or mothers.

Implications for Nursing and Research: Future studies are needed with higher levels of evidence, such as randomized-controlled trials. Studies are also needed to determine validity and reliability of instruments used to evaluate caregiver burden, as there are currently no tools specific to caregiver burden. Tools are needed in the clinical setting to aid clinicians in screening for caregiver burden, which could uncover potential predictors of decreased quality of life and allow for clinicians’ recommendations of appropriate resources to support quality of life.
Conclusions: A better understanding of social determinants of health (SDOH) may guide clinicians to recommend necessary resources and may help to direct policy proposals for change to improve health-related quality of life (HRQOL) for caregivers.

Keywords: Caregiver, caregiver burden, social determinants, SDOH

Title: Social Determinants of Caregiver Health

Keywords: Caregiver, Caregiver Burden and Social Determinants of Health

References:


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**Abstract Summary:**

A systematic review was performed analyzing 11 articles and found that low income and female gender are social determinants of health that contribute to lower quality of life in caregivers.

**Content Outline:**

- Caregivers face increased levels of stress that can negatively impact caregiver quality of life. Additionally, social determinants of health may contribute to impaired quality of life.
  - A review of the literature found that caregivers have decreased emotional and/or physical health
  - Additionally, low income was found to contribute to decreased quality of life
  - Also, female caregivers were more likely to experience decreased quality of life

- Conclusion
  - A better understanding of social determinants of health may guide clinicians to recommend necessary resources and may help to influence policies to support caregivers

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