Stress, Burden, and Health Status in Caregivers of Heart Failure Patients

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Introduction
Explore the pressures of home caregivers in patients with heart failure, load and perceived health status, to understand its prognosis with the patient's disease-related, help to improve the caregivers of care for patients with cognitive.

Methods
A cross-sectional study with structured questionnaires is used to implement this study in cardiology outpatient and ward in a medical center in southern Taiwan. 166 major caregivers in patients with heart failure, who met our inclusion criteria, were recruited in this study with their consent.

Instrument
The research instrument included the structured questionnaires the cortisol in the serum of the subject was extracted, the reliability and validity of the chinese version of the caregiver burden inventory by Chou,K,R.,Lin,J,C.,&Chu,H. (2002), PHQ-9, Norm Establishing of the SF-36 Taiwan Version, This scale has a good letter and validity in research tests.

Results
The study found that the symptoms of heart failure patients were moderate, heavy degree, NYHA functional grade III, IV level is the most number, is a moderate degree of quality of life. The results of the study of caregiver stress, load, health status in the variable (P <0.05), and the regression analysis of the care load on the association of SF-36 was the higher the time load score of the person, the lower the average health (GH) score for life quality (β =-.36, P <0.05), PHQ was positively correlated with the care load scale, and the higher the PHQ score was the caregiver the heavier the load. Found that caregivers feel the greater the pressure, and conscious health status is poor, take care for a long time, in addition to Is the impact of caregivers load feelings, but also directly affect the quality of life of patients.

Discussion and Conclusions
The results of this study may provide nursing staff with an assessment of the care and health aspects of caregivers, can properly handle the care of caregivers due to the problems caused by stress, thereby improving the quality of care of patients with heart failure.

Keywords: Heart Failure, primary caregiver, Stress, Burden