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Caregiver Outcomes of Geriatric Oncology Patients

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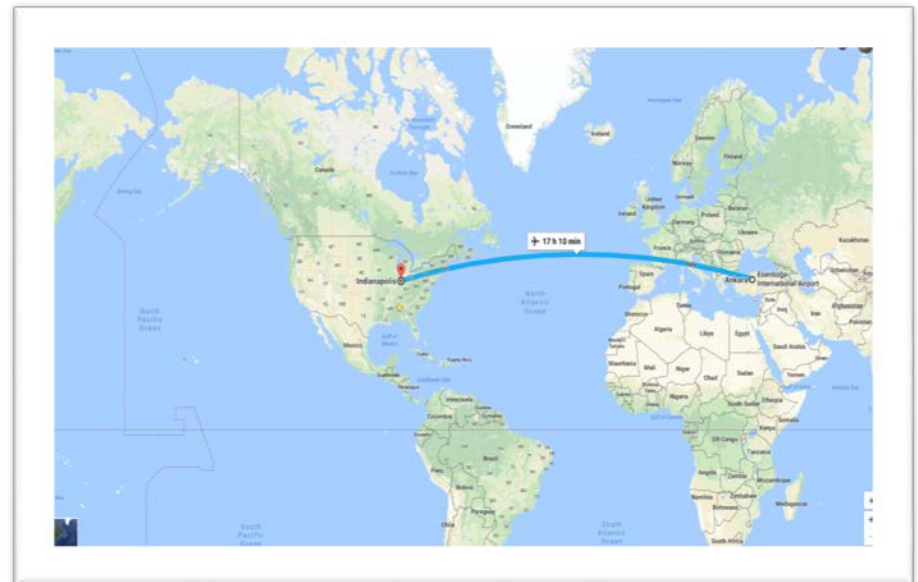
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Background

- Increase in global ageing population and life expectancy resulted with an increase in chronic diseases like cancer and priority of the care
- Care and treatment of elderly diagnosed with cancer is very special due to multi co-morbidity, intense symptom experience, diminished functional competence, limitations in self-care and older caregivers

Background

Caregiving

- Acted professionally by a multi-disciplinary team in healthcare settings
- More on usually an informal duty conducted by patient's family members, relatives, friends or neighbours after patient's discharge

Background

- As liason with health care team, managing treatment, organizing social and home environment, financial management, supporting basic and instrumental ADLs
- Family caregivers or informal caregivers is expected to provide “36-hour day” care with a broad range of responsibilities

Background

- Due to this life long, challenging and complex nature of caregiving and intense symptom experience, treatment plan, diagnostic process of cancer caregivers can face many conditions and problems
- The adverse effects can be seen among physical, emotional, social, economic and spiritual functioning of the care work

Background

- Along with interventions planned for patients' care with cancer, interventions covering informal caregivers is of great importance with regard to provide a holistic care
- For this process, we need to know the impact (changes and outcomes) of caregiving on caregivers life

Aim & Methodology

- To determine the the impact (changes and outcomes) of caregiving for an elderly with cancer diagnosis

Research Questions

- Who are the caregivers of elderly patients diagnosed with cancer?
- What changes do caregivers experience during care process?

Aim & Methodology

Setting

- Inpatient clinics of a state oncology hospital in Turkey

Inclusion criteria

- Caregiving for 65 years or older patient diagnosed with cancer
- Ability to communicate and read

Sample

- 70 caregivers of 65 years and older patients with cancer
- Sample size calculation- power analysis: %80 power, 5% level of significance, 0.50 effect size

Aim & Methodology

Data Collection Forms

- Socio Demographic Form
 - 23 questions
- Bakas Caregiving Outcomes Scale
 - Explores the impact of caregiving
 - 16 items, 7 likert-type scale
 - Min. score 15, max. score 105
 - Higher scores mean change in a positive way
 - Turkish validation, Can & Cavlak, 2010

Aim & Methodology

Data Collection

- After chart review for patient caregivers were approached in clinics
- Caregivers who met the study criteria and agreed to participate in the study were invited into a different room in the clinic
- After the researchers explained the aim of the study, caregivers interviewed by a face-to-face method, and data were collected
- Data collection lasted approximately 20 min

Aim & Methodology

Ethical Considerations

- Study was approved by universities ethical committee
- Written consent was obtained from patients

Data Analysis

- Descriptive statistics
- Shapiro- Wilk 0.947, $p:0.005$; Kolmogorov- Smirnov 0.114, $p:0.24$
- Mann-Whitney U test, t-test, Kruskal-Wallis test

Results

Patient Characteristics	n	%
Age 73.06±7.19 (min.63-max.92)		
65-74	49	70.0
75-84	16	21.4
85-92	6	8.6
Gender		
Female	39	55.7
Male	31	44.3
Education		
Elementary	62	88.6
Secondary	2	2.9
High School	2	2.9
University	4	5.7
Marital Status		
Married	44	62.9
Single	26	37.1
Employment		
Retiree	70	100.0
Household People		
Partner	28	40.0
Children	16	22.8
Family	14	20.0
Alone	12	17.2

Patient Characteristics	n	%
Diagnose		
GI tract cancer	13	18.6
Leukemia	12	17.1
GU tract cancer	10	14.3
Lymphoma	7	10.0
Respiratory tract cancers	7	10.0
Gyn-Onc	5	7.2
Breast Cancers	4	5.7
Other	12	17.1
Diagnosis Duration		
3.3±4.6 month (min.1-max.36)		
Co-morbidities (n:84)		
Hypertension	41	48.8
Diabetes	22	26.1
Cardiac Failure	9	10.7
Other (COPD, Alzheimer, Thyroid diseases)	12	14.4

Results

Caregiver Characteristics	n	%
Age 51.33±11.96 (min.24-max.78)		
24-42	18	25.7
43-61	39	55.7
62-78	13	18.6
Gender		
Female	54	77.1
Male	16	22.9
Education		
Elementary	33	47.1
Secondary	14	20.0
High School	13	18.6
University	10	14.3
Marital Status		
Married	61	87.1
Single	9	12.9
Employment		
Not working	51	72.9
Working	19	27.1
Household People		
Partner	21	30.0
Family	30	42.9
Extended family	15	21.4
Alone	4	5.7

Caregiver Characteristics	n	%
Relationship with elderly		
Children	43	61.4
Partner	17	24.3
Sister/brother	4	5.7
Daughter-in-law	3	4.3
Relative	3	4.3
Living with elderly		
Yes	35	50.0
No	35	50.0
Duration for Caregiving 12.6±26.0 month (min.1-max.144)		
Caregiving for another people		
Yes	9	12.9
No	61	87.1
Support for caregiving		
Yes	5	7.1
No	65	92.9

Caregiver Characteristics and Caregiving Outcomes

Caregiver	n	%	Median (min-max)	Mean Rank	Analyses
Age					
24-42	18	25.7	55.5 (43-63)	39.7	X ² : 1.029 p: .598
43-61	39	55.7	51.0 (27-65)	33.9	
62-78	13	18.6	52.0 (41-61)	34.6	
Gender					
Female	54	77.1	52.0 (27-65)	32.9	Z: -1.939 p: .052
Male	16	22.9	57.5 (28-64)	44.2	
Education					
Elementary	47	67.1	52.0 (28-64)	33.8	Z: - .983 p: .326
Secondary and higher	23	32.9	55.0 (27-65)	38.9	
Marital Status					
Married	61	87.1	54.0 (27-65)	35.8	Z: - .369 p: .712
Single	9	12.9	51.0 (33-63)	33.2	
Employment					
Not Working	51	72.9	51.0 (27-64)	31.3	Z: -2.816 p: .005
Working	19	27.1	58.0 (36-65)	46.7	
Income					
Less income than expenses	27	38.6	54.0 (28-64)	36.0	Z: -.151 p: .880
Income equals expense	43	61.4	52.0 (27-65)	35.2	
Relationship with patient					
Daughter	31	44.3	49.0 (27-65)	28.8	X ² : 8.150 p: .043
Son	12	17.1	58.5 (28-64)	47.6	
Partner	17	24.3	54.0 (41-61)	36.7	
Relative	10	14.3	55.0 (40-64)	39.7	
Caregiving for another person					
Yes	9	12.9	57.0 (43-59)	34.9	Z: -.615 p: .539
No	61	87.1	53.0 (27-65)	39.4	

Patient Characteristics and Caregiving Outcomes

Patient	n	%	Median (min-max)	Mean Rank	Analyses
Age					
65-74	49	70.0	54.0 (36-65)	35.4	X ² : .922 p: .631
75-84	15	21.4	51.0 (27-64)	33.0	
85-92	6	8.6	58.0 (43-62)	42.4	
Gender					
Female	39	55.7	51.0 (27-65)	31.5	Z: -1.852 p: .064
Male	31	44.3	56.0 (28-64)	40.5	
Education					
Elementary	62	88.6	52.5 (27-65)	34.5	Z: -1.099 p: .272
Elementary and higher	8	11.4	55.5 (48-64)	42.9	
Diagnosis					
GI tract cancer	13	18.6	52.0 (44-63)	34.7	X ² : 13.142 p: .041
Leukemia	12	17.1	50.0 (28-64)	31.0	
GU tract cancer	10	14.3	59.5 (52-64)	55.0	
Lymphoma	7	10.0	54.0 (45-65)	39.4	
Respiratory tract cancer	7	10.0	52.0 (36-63)	34.4	
Gyn-onc	9	12.9	54.0 (27-63)	31.8	
Other	12	17.1	46.5 (33-62)	25.7	
Living with elderly					
Yes	35	50.0	52.0 (27-63)	34.5	Z: -.406 p: .685
No	35	50.0	54.0 (28-65)	36.5	

Results

	Changed the worst (-3,-2,-1)		Not Changed (0)		Changed for the best (+3, +2, +1)	
	n	%	n	%	n	%
1. My self esteem	9	12.8	56	80.0	5	7.2
2. My physical health	46	65.7	24	34.3	-	-
3. My time for family activities	34	48.6	35	50.0	1	1.4
4. My ability to cope with stress	42	60.0	20	28.6	8	11.4
5. My relationship with friends	42	54.9	26	37.1	2	2.8
6. My future Outlook	18	25.8	46	65.7	6	8.6
7. My level of energy	52	74.3	13	18.6	5	7.1
8. My emotional well-being	38	54.2	17	24.3	15	21.4
9. My roles in life	22	31.4	42	60.0	6	8.6
10. My time for social activities with friends	45	64.2	25	35.7	0	
11. My relationship with my family	15	21.4	51	72.9	4	5.7
12. My financial well-being	24	34.3	46	65.7	0	
13. My relationship with my patient	10	14.3	17	24.3	43	61.5
14. My physical functioning	37	52.9	31	44.3	2	2.9
15. My general health	23	32.9	45	64.3	2	2.9
16. In general, how has your life changed as a result of taking care of patient?	30	42.9	34	48.6	6	8.6

Conclusion

- Caregivers were mostly the families
- Change in caregivers life was not in good or bad way
 - Negative change on: “physical health, coping strategies, energy level, emotional health, physical functioning, general health”
 - Positive change on: “relationship with patient” item.

Conclusion

- Study highlights
 - Caregiving effect on caregivers' physical and psychological health life mainly negatively but living close to each other has positive effect on their relationships.

Future

There is a need for

- “specific” needs of caregivers
- Problems areas of caregiving
- Focus on positive aspects of caregiving
- Intervention studies to empower caregivers about physical-emotional health and coping strategies

THANKS

