

QUALITY OF LIFE AND STRAIN AMONG THE FAMILY CAREGIVERS OF ELDERLY WITH INCONTINENCE IN COMMUNITY SETTING



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AIM OF STUDY

- The aim of the study is to assess the quality of life and strain among the family caregivers of elderly patients with incontinence in community setting

METHODS

- A cross-sectional study design conducted from June 2018 to February 2019 involving family caregivers. A door-to-door survey using snowball technique identified 103 caregivers of elderly.
- Revised Urinary Incontinence Scale (RUIS) to assess elderly patient's incontinence, Socio-demographic of incontinence elderly and caregivers, Modified Caregivers Strain Index (MCSI) to measure the caregiver strain, WHOQoL-BREF questionnaire to assess caregiver's quality of life were used.

STATISTICAL ANALYSIS

- The data was analyzed using descriptive and inferential statistics. Frequency and percentages were used for descriptive and student's t-test was used to compare means of different groups. Pearson correlation was used to find out significant relationships. All the analysis was done using SPSS 17 and a significant was considered $p < 0.05$.

RESULTS

- Among 103 elderly subjects with incontinence 63 were female and 40 were male. There were 33 male and 70 female caregivers, daughters were 35.9%, sons were 26.2%.
- No statistical significant difference found between male and female patients $p = 0.189$ and moderate incontinence has been noted. About 51.54% of the caregivers were found to have mild burden, 35% with moderate strain, and 13.6% having severe strain. 75% of caregivers reported that caregiving contributed to financial strain. Sleep disturbance was reported by 24.3% caregivers, while 72.15% of them felt that caregiving lead to physical strain, and 24.3% felt overwhelmed due to the care giving experience. There was no statistical significant difference found on caregiver's strain between male and female $p = 0.531$.
- Statistical difference found on physical, social and environmental dimension of quality of life $p < 0.05$. Positive correlation found between strain and the month of care delivered to the elderly $r = 0.943, p = 0.001$, also there was positive relationship found on strain perceived by the caregivers and age of the caregiver $r = 0.232, p = 0.018$.

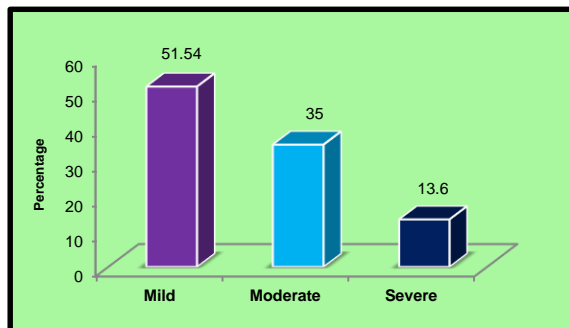


Fig.1 shows different levels of caregivers strain in percentage

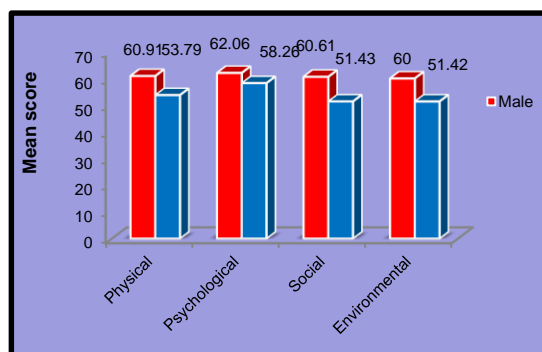


Fig 2 shows comparison of quality of life between male and female

Burden	Pearson	Age	Duration of care	Physical	Psychological	Social	Environmental
		.232**	.943**	.801**	.836**	.718*	.718**
	p	0.018	0.000	0.000	0.000	0.000	0.000

Fig 3 correlation between caregiver strain and dimensions of quality of life, age, duration.

CONCLUSION

The present study demonstrated a mild level of strain and reduction in quality of life for family caregivers of elderly patients with incontinence. This understanding helps healthcare providers to identify different sources and domains of strain from a sociocultural perspective and to initiate holistic approach while planning coping strategies for family caregivers and care receivers.

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