



# Caregiver Health Outcomes Related to Care Recipient Access to Health Care Provider

Christianne Fowler DNP, GNP-BC & Carolyn Rutledge PhD, FNP-BC  
Old Dominion University School of Nursing, Norfolk, Virginia

## Background

3.5 million Americans never leave their homes, 1.9 million of these have chronic disease including Alzheimer's dementia.  
Home visits comprise less than 1% of Medicare billing resulting in a lack of provider contact for many.  
It is unclear how lack of primary caregiver provider (PCP) support impacts the caregivers.

## Caregiver Demographics

	Number	Percent
Gender		
Female	48	87.3
Male	7	12.7
Age		
< 50	3	5.6
51-70	38	70.3
>71	13	24.1
Ethnicity		
White	39	69.1
Black	14	25.5
Hispanic	3	5.5
Income		
Up to \$25,000	12	21.8
\$25,001-50,000	20	36.4
> \$50,001	22	40.0
Level of Education		
High School	13	23.6
College	34	61.9
Graduate School	8	14.5

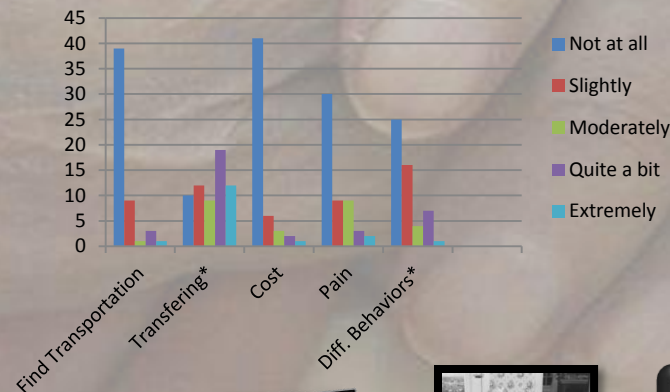
## Research Methodology

Descriptive cross sectional case control study design.  
Sociodemographic data was collected  
Barriers to care were explored.  
Difference in health outcomes was assessed between 2 groups of caregivers (Mann-Whitney U)  
- 34 with access to a PCP for their care recipients  
- 21 without access to a PCP.

## Instruments

Demographic questionnaire  
Barriers to care questionnaire  
SF 36 Health Survey

## Barriers to care



## Results

There were statistically significant differences in physical component scores (PCS) on the SF 36 with caregivers without access having poorer physical well-being.

	With Access	Without Access	p
MCS	46.36	39.28	(p=0.077)
PCS	50.79	41.75	(p=0.002)

**Both** groups had lower mental component scores (MCS) compared to the population norms.  
More than 50% of respondents reported barriers to care with transportation, cost and pain being the greatest barriers

## Implications

Home visits could increase access and potentially improve the overall well-being of caregivers.  
Home visits may enable caregivers to continue care for the elderly individual in their homes.

## Future Plans

New research proposal  
-A virtual health care neighborhood (VHN) .  
-Caregivers connected via a closed social media site.  
-Education and support for caregivers provided by an interprofessional team and other caregivers.

