

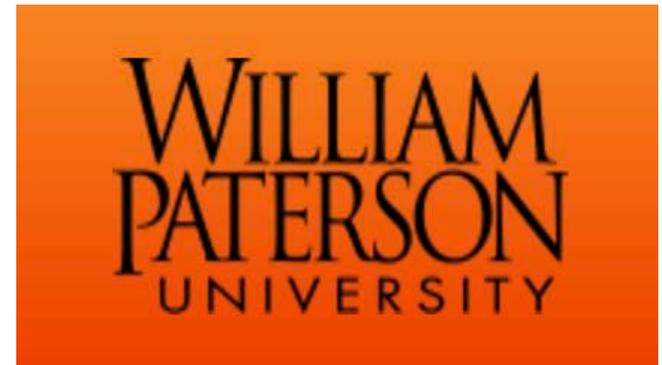
Advance Practice Nurses Assessing Burden in Caregiver and Care Recipient Dyads to Improve Patient and Population Health Outcomes

Joanne Affinito DNP, APN, C

Assistant Professor

September 13, 2017

Department of Nursing



Abstract

- **Purpose:** The literature has recognized burden as having negative consequences on caregiver's perceived health and quality of life. There is limited research on the positive aspects of caregiving.
- **Design:** A descriptive, cross sectional convenient sample of 89 care givers responded to an online survey distributed by The National Kidney Foundation.
- **Method:** Participants completed Self-assessed Health Measure (SAH) (Haug, Wykle & Namaze, 1989), Positive Aspects of Caregiving (PAC) (Tarlow et al., 2004) and Caregiving Stress Appraisal (CAS) (Abe, 2006) survey instruments.
- **Results:** Pearson r between PAC and SAH ($r= 0.282$, $p=<0.004$); SAH and CSA ($r= -.537$, $p=0.000$) and PAC and CSA ($r=-.335$, $p=<0.001$) supporting the hypotheses that caregivers with higher self-assessed levels of health, who view their caregiver role positively will experience lesser degrees of burden.

I. Scientific Underpinnings for Practice (AACN 2006)

- DNP's need to assess caregivers for the presence of burden & develop practice approaches based on nursing theories & theories from other disciplines.
- Interdisciplinary practice approaches will enhance, alleviate, & ameliorate the subjective and objective burden experience by caregivers of chronically ill care recipients (Lazarus & Folkman, 1984)

III. Clinical Scholarship and Analytical Methods for Evidence-Based Practice (AACN, 2006)

- DNP's need to develop practice guidelines that support caregivers of chronically ill patients to problem solve when burden is suspected or assessed with the goal of improving or maintaining health outcomes.
- DNP's need to empower caregivers with supportive interventions that enhance the caregivers feelings of self-efficacy when confronted with burden associated with a change in role (Grey, Knafl, & McCorkle 2006).

VII. Clinical Prevention and Population Health for Improving the Nation's Health (AACN, 2006)

- Understanding the positive factors & interventions that support caregivers could reduce
 - health care costs
 - decrease early institutionalization
 - decrease caregiver stress and burden
 - prevent decline in physical health of the caregiver

VIII. Advanced Nursing Practice (AACN, 2006)

- Attention needs to be given to care coordination that properly addresses the needs of the care recipient & caregiver dyad across a variety of settings as we transition to a preventative model of care.
- DNP's need to assess this dyad given the reports of a 2007 survey of the American Academy of Family Physicians which noted less than half of the caregivers providing care were assessed for burden (Alpert, 2014)

Conclusion

Burden may not be disease specific but may be a universal phenomenon.

DNP's need to embrace this dyad strategizing on plans of care that are beneficial to both participants.

Caregiver's who are supported over time develop improved coping mechanisms, experienced less burden & found meaning in their new role identity (Faison et al., 2000)