



Subjective Burden on Family Carers of Hemodialysis Patients

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Background:

Hemodialysis (HD) is an important objective burden (task) on patient with end stage renal disease (ESRD) and the caregiver has a subjective burden which contributes to lifestyle changes, which result in depression, anxiety declining physical health, social isolation and financial strain.

The Aim To evaluate the subjective burden on family caregiver who cares patient on maintenance hemodialysis therapy.

Methods:

Fifty main family caregivers for each patient on HD and the instrument were used by Zarit Burden Interview (ZBI) completed by caregiver as a major of subjective response to care giving.

Results:

The present study findings demonstrated that mainage of caregiver was 40 (11.0) years, two thirds of females, and they were mostly married (78.0%)with children. The total family caregiver burden reported was 43.3 (21.7), role strain 50.0 (25.4) and the personal strain 39.5 (19.7). The total caregivers' burden significantly positively correlated with the patients' age ($r = 0.461$) and negatively correlated with patients' level of education ($r = -0.290$). Moreover the role strain, personal strain and total caregiver burden scores were statistically and significantly negatively correlated with their age ($r = -0.444$) and level of education ($r = -0.416$) and the total burden scores were ranked as moderately to severely burdened all family caregivers.

Conclusion:

Caregivers' appraisal, coping strategies, interpersonal relationship issues, and social support would need to be considered for caregivers of patients maintained on HD.

Keywords: Dialysis, Burden, Family Caregiver, Saudi Arabia

Correlations between caregivers' burden scores and patients' age, duration of illness, and level of education.

	Age	Duration	Education#
Overall	0.25	0.208	-0.22 ↓
Total	0.461** ↑	0.206	-0.290* ↓

The Caregivers' Burden Scores.

