

# Care Burden and Related Factors on the Caregivers of Patients Receiving Service from Hemodialysis Unit

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## Abstract

**Introduction** Caregivers of hemodialysis patients may experience stress, depression, fatigue, and decreased quality of life. This study aimed to examine the caregiver burden and related factors in patients' caregivers under dialysis treatment. **Method** Our study was conducted between February and April 2019 in the Hemodialysis Unit of our Hospital Internal Diseases Clinic. Eighty-three people providing primary care to patients who had received hemodialysis service for at least three months were included in the study. The socio-demographic data of the caregivers were recorded. Care burden was evaluated by Zarit Burden Interview (ZBI) and dependency status with Katz Activities of Daily Living (ADL) instrument. Quality of life was evaluated with the 36-Item Short Form Survey (SF-36). **Results** The mean age of 183 caregivers included in the study was  $46.35 \pm 24.20$  years; 67.5% of them were female. The mean ZBI score of the caregivers was  $32.5 \pm 14.4$ . Care burden was observed to be absent or very mild in 20.5% of the caregivers, mild-moderate in 57.8%, moderate-heavy in 19.3%, and heavy in 2.4%. The care burden was higher in those who felt insufficient to provide care or did not receive help from other family members for patient care ( $p < 0.05$ ). Besides, if the hemodialysis frequency was more than three times a week, the care burden was higher ( $p = 0.003$ ). Care burden was higher in functionally dependent patient ( $p = 0.013$ ). ZBI was negatively correlated with the SF-36 subscales, except for the physical function subscale ( $p < 0.05$ ). **Conclusion** The care burden was high in primary caregivers of hemodialysis patients. The care burden was higher in caregivers of patients with bedridden, high frequency of hemodialysis, and low quality of life. In addition to hemodialysis patients' routine treatment, it may be appropriate to develop support groups and new care approaches for caregivers to reduce the care burden.

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