

Abstract Submission- POSTER PRESENTATION

Title:

Screening for Stress and Burden in Caregivers of Seniors: Screening Assessment Tools

Authors and credentials:

Jasneet Parmar, MBBS MCFP(CAC); Lori Sacrey, PhD; Kathy Classen, BA; Meighan Sommer, MPH; Peter Tian, MD, MPH

Affiliation:

1. Covenant Health Network of Excellence in Seniors' Health and Wellness

2. Division of Care of the Elderly, Dept of Family Medicine, University of Alberta, Edmonton, AB, Canada

3. Faculty of Medicine and Dentistry, University of Alberta

Introduction:

Family caregivers are an integral part of the healthcare system. Yet, caregiving is provided at significant burden to the caregiver: physical, emotional, and financial burden. This could lead to health deterioration, social isolation, loss of income, and family conflict.

Objectives:

To review the literature for tools in assessing caregiver stress and/or burden.

Methodology:

We did a systematic review of the literature for tools measuring stress and/or burden among informal caregivers. We, then, compared the tools for accessibility, cost, domains measured, utility across caregiving (e.g., end-of-life, homecare), and psychometric properties (reliability and validity).

Results:

We evaluated 10 tools. Nine tools were brief, self-reported or clinician-delivered assessment screens. These tools were the following: Caregiver Burden Inventory, Caregiver Reaction Assessment, Caregiver Self-Assessment Questionnaire, Caregiver's Burden Scale in End-of-Life Care, Cost of Care Index, Modified Caregiver Strain Index, Screen for Caregiver Burden, Social Support Questionnaire, and the Zarit Burden Interview. One tool, the Caregivers' Aspirations, Realities, and Expectations tool, was a clinician-led interview that determines needs and potential interventions for caregivers who are identified as being at increased risk of caregiver burnout.

Conclusion:

Tools are available for the assessment of caregiver burden and/or stress.