

Evaluation of the Impact of Caregiver Burden on Wellbeing

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Background

- Caregiver burden is defined as a “multifaceted strain perceived by the caregiver from caring for a family member and/or loved one over time”
- Associated with higher rates of diabetes, anxiety, depression, insomnia, and reduced quality of life.
- OSUCOP has commitment to the well-being of students, faculty, and staff. Specifically highlighting the 10 pillars of well-being:
 - Career, intellectual, physical, social, financial, environmental, creative, digital, spiritual and emotional
- Evidence suggests:
 - students, staff, and faculty at the College of Pharmacy are caregivers alongside their other demanding roles.

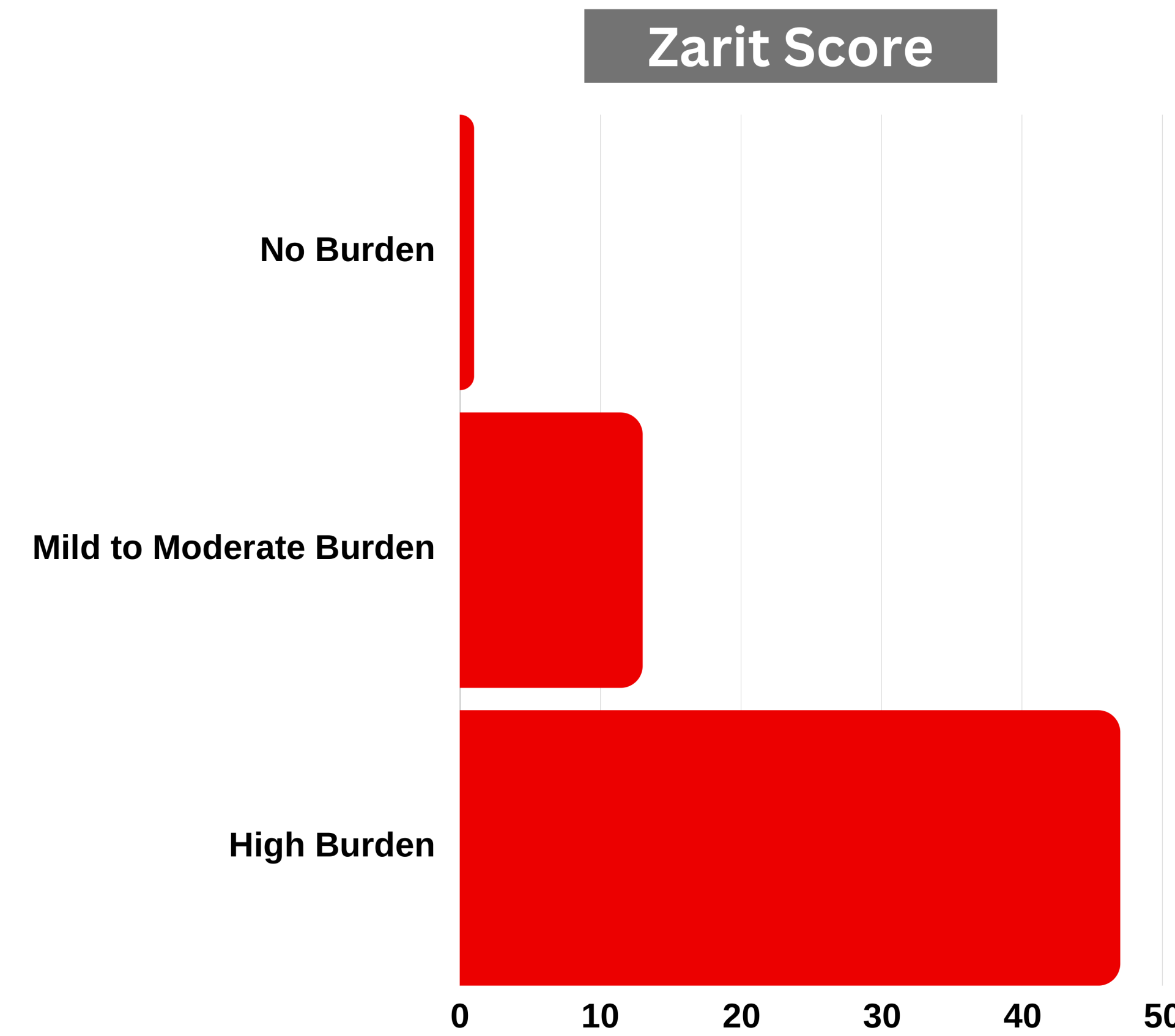
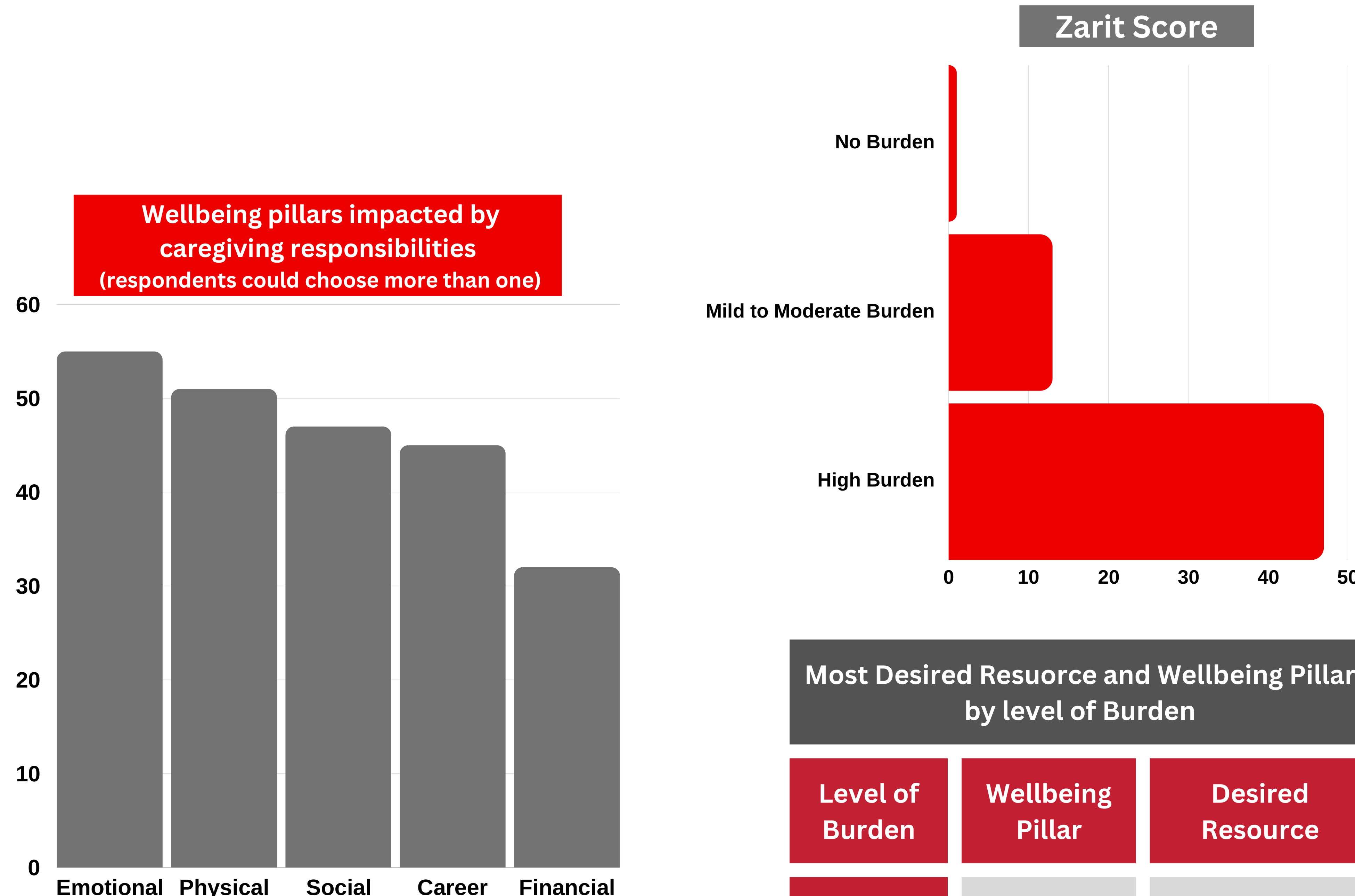
Objectives

- To understand the impact of caregiver burden on the overall well-being of our community.
- To explore the existing resources available for caregivers, identify desired caregiver resources, and pinpoint the key pillars of well-being most affected by our community’s caregiving responsibilities

Methods

- Survey was created using an adaptation of the widely used, valid, and reliable 12-question Zarit caregiver burden assessment.
- We selected specific pillars of well-being that may be impacted by caregiving from OSU's 10 pillars of well-being.
- All PharmD students, staff, and faculty were invited to characterize aspects of their caregiving & assess the burden on their emotional, career, social, physical, and financial well-being
- All four classes of PharmD students (n=479) and faculty and staff (n=236) invited to an anonymous online survey (Qualtrics.com)
- If interested, participants were incentivized to complete the survey by entering an anonymous raffle for 1 of 10 \$25 Amazon gift cards.
- Those self-identifying as a caregiver completed Zarit caregiver burden assessment
 - Zarit scores range from 0 to 48
 - 0 to 9 = “no burden”
 - 10 to 20 = “mild to moderate burden”
 - >20 = “high burden”
- IRB-exempt

Results



Most Desired Resource and Wellbeing Pillar by level of Burden

Level of Burden	Wellbeing Pillar	Desired Resource
High Caregiver Burden	Emotional	Legal/Financial advice & Caregiver Support Groups
Mild to Moderate Caregiver Burden	Physical	Referral Services
Mild Caregiver Burden	None	Career

- Most participants had access to resources, including others on the caregiving team & flexible hours**
- Most desired resource: legal/financial advice**
- Caregiving impacted their wellbeing**
 - Most affected wellbeing pillar: emotional wellbeing**
 - 2nd most affected: physical wellbeing**

Demographics

Details of Caregiving

HOW LONG HAVE YOU BEEN A CAREGIVER? (YEARS) N=61

<1	1-3	3-5	5-7	10+
N=2 (3.3%)	N=15 (24.6%)	N=11 (18%)	N=15 (24.6%)	N=18 (29.5%)

HOW MANY HOURS A WEEK DO YOU SPEND ON CAREGIVING ACTIVITIES? (HOURS) N=60

<8	8-16	17-32	>32
N=5 (8.3%)	N=15 (25%)	N=11 (18.3%)	N=27 (45%)

DO YOU HAVE OTHERS ON THE CAREGIVER TEAM TO SUPPORT YOU? N=60

YES: 52 (86.7%)	NO: 8 (13.3%) *ALL HAD HIGH CAREGIVER BURDEN
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Respondent Demographics (n=124)

GENDER	FEMALE: 83% MALE: 16% NON-BINARY: 1%
RACE	WHITE = 70% ASIAN = 19% BLACK = 6% OTHER = 2% NO ANSWER = 3%
COHORT	P1 = 13% P2 = 11% P3 = 12% P4 = 11% FACULTY = 25% STAFF = 28%
SELF-IDENTIFIED CAREGIVER	YES: 53% NO: 47%

- Of the 715 students, faculty and staff invited, 124 responded (response rate = 17.3%)
- 66 of sample met criteria as caregivers

Outcomes & Next Steps

- Caregiver burden is currently impacting a portion of our college community, even with the available resources offered at OSU (Employee Assistance Program, Student advocacy, etc.)
- Data to guide the next steps to address the burden across our students, faculty, and staff.
- Meet with OSU’s Chief Wellness Officer to discuss data
- Meet with OSU EAP to discuss resources available and gaps in resources specifically for caregivers.
- Ultimate goal: provide resources to lessen caregiver burden for the portion of our community that is impacted by this strain.