

The Influence of Caregivers' Preparedness and Role Burden on Quality of Life among Stroke Patients

Authors : Yeaji Seok, Myung Kyung Lee

Abstract : Background: Even if patients survive after a stroke, stroke patients may experience disability in mobility, sensation, cognition, and speech and language. Stroke patients require rehabilitation for functional recovery and daily life for a considerable time. During rehabilitation, the role of caregivers is important. However, the stroke patients' quality of life may deteriorate due to family caregivers' non-preparedness and increased role burden. Purpose: To investigate the prediction of caregivers' preparedness and role burden on stroke patients' quality of life. Methods: The target population was stroke patients who were hospitalized for rehabilitation and their family care providers. A total of 153 patient-family caregiver dyads were recruited from June to August 2021. Data were collected from self-reported questionnaires and analyzed using descriptive statistics, t-tests, chi-squared test, one-way analysis of variance, Pearson's correlation coefficients, and multiple regression with SPSS statistics 28 programs. Results: Family caregivers' preparedness affected stroke patients' mobility ($\beta = .20, p < 0.05$) and character ($\beta = -.084, p < 0.05$) and production activities ($\beta = -.197, p < 0.05$) in quality of life. The role burden of family caregivers affected language skills ($\beta = .310, p < 0.05$), visual functions ($\beta = -.357, p < 0.05$), thinking skills ($\beta = 0.443, p = 0.05$), mood conditions ($\beta = 0.565, p < 0.001$), family roles ($\beta = -0.361, p < 0.001$), and social roles ($\beta = -0.304, p < 0.001$), while the caregivers' burden of performing self-protection negatively affected patients' social roles ($\beta = .180, p = .048$). In addition, caregivers' role burden of personal life sacrifice affected patients' mobility ($\beta = .311, p < 0.05$), self-care ($\beta = .232, p < 0.05$) and energy ($\beta = .239, p < 0.05$). Conclusion: This study indicated that family caregivers' preparedness and role burden affected stroke patients' quality of life. The results of this study suggested that intervention to improve family caregivers' preparedness and to reduce role burden should be required for quality of life in stroke patients.

Keywords : quality of life, preparedness, role burden, caregivers, stroke

Conference Title : ICANM 2021 : International Conference on Adult Nursing and Management

Conference Location : Vancouver, Canada

Conference Dates : September 23-24, 2021