N Subhashini
Asst. Professor, Medical
Surgical Nursing, Sree
Narayana Nursing College,
Nellore, Andhra Pradesh,
India.

Dr. Arumugam Indira
Principal, Narayana college of
Nursing, Nellore. Andhra
Pradesh, India.

Assess the burden among caregivers of patients undergoing hemodialysis in tertiary care hospital, Nellore

N Subhashini, Dr. Arumugam Indira

Abstract
Chronic Kidney Diseases (CKD) is a global threat to health in general and for developing countries in particular, because therapy is expensive and life-long, the burden of family caregivers leads to negative consequences not only for themselves but also for patients, other family members and health care system. The present cross sectional descriptive study was conducted with an aim to identify the burden among caregivers of patients undergoing hemodialysis. 100 caregivers selected by using Non probability convenience sampling technique. Modified Zarit Burden Interview was used for assessing burden levels among caregivers. The study findings revealed that, 14% had little burden 67% had mild burden and remains 19% had moderate burden. Caregivers mean burden is 30.41 and standard deviation is 12.065. There was an association between the gender, education, health problems of caregivers, duration of dialysis and level of knowledge which is significant at $P<0.05$.

Keywords: Burden, Caregiver, Hemodialysis

1. Introduction
Chronic kidney disease is a long standing progressive detoriation of renal function in which the body will lose its ability to maintain electrolyte and metabolic balance leading to enormous increasing the nitrogenous substances in blood. It may result from any cause of renal dysfunction of sufficient magnitude. The most common causes are nephropathy followed by hypertensive nephroangio sclerosis and various primary and secondary glomerulonephropathies [1, 5]. The advancement of knowledge and treatment technologies as well as the increase in life expectancy has enhanced the longevity of many patients with chronic kidney disease, Dialysis is a common method of treatment for removing toxic waste products when the kidney unable to perform its function due to impairment. The long term treatment process has various effects on the physiological, psychological, functional ability, life style changes and independent status of the patient and his family. This may results in the burden feeling in caregivers that long-term burden may lead to the development of burnout syndrome [2, 6]

Hemodialysis patients are at increasing risk of physical, cognitive and emotional impairment related to many factors such as length of dialysis duration and multiple metabolic disturbances. Accordingly the mainstay of therapy for end stage renal disease places a burden in terms of the need for ongoing medical intervention. The Patients who are physically and mentally unable to provide the necessary treatment for themselves, requires caregiver to assume major responsibility for their treatment.

Caregiver burden is defined as permanent difficulty, stress or negative experience resulted from providing care by caregiver. Caring for patients with hemodialysis experiencing physical and psychological distress, limitations to their personal and social activities and financial burden. The burden of family caregivers leads to negative consequences not only for themselves but also for patients, other family members and health care system [4, 5]. Caregivers may experience burden. This in turn may result in a more negative impact on the emotional and social aspects of caregiver's lives. Especially the experience of a wife as caregiver has been described as a mixture of anger, helplessness. Most of the women caregivers are relying on prayer for relieving from stress. Additional factors associated with caregiver burden include the relationship between caregiver (and their career) and patient, behavioral and psychological symptoms displayed by the patient, gender and adverse life

Correspondence
N Subhashini
Asst. professor, Medical
Surgical Nursing, Sree
Narayana Nursing College,
Nellore, Andhra Pradesh,
India.

events. A multi-factorial role and inter-dependence of these factors must be assessed to measure the impact of the caregiver burden [3, 5, 7].

Title of the Study
A study to assess the burden among caregivers of patients undergoing haemodialysis in Narayana Medical college hospital at Nellore, A.P

Objectives
To assess the burden among caregivers of patients undergoing haemodialysis.
To find out the association between care giver burden of patients undergoing haemodialysis with their socio-demographic variables.

2. Methodology
Cross sectional descriptive design was adopted for this study. 100 caregivers of patients undergoing hemodialysis were selected by using non probability convenience sampling technique. The study was conducted in nephrology ward after getting formal permission from relevant authorities. The purpose of the study explained to participants in their understandable language and obtained the approval from samples. The standard questionnaire was administered to caregivers for identifying burden.

Inclusion Criteria
Both male and female caregivers who are willing to participate.
Primary caregivers like spouse, daughter, son, son-in-law, sister, brother.

Exclusion Criteria
Who are having acute illness.

Method of Data Collection
The tool for data collection consists of 2 parts:

Part 1: socio-demographic data.

Part 2: Standard questionnaire (Zarit Burden interview) for identifying level of burden among caregivers. It consists of 22 Items with four point likert scale.

Plan for Data Analysis

Sl. No	Data analysis	Method	Remarks
1.	Descriptive statistics	Frequency and percentage	To describe the distribution of socio- demographic variables -assessing the level of burden among caregivers
2.	Inferential statistics	Chi square	To find out the association between level of burden and sociodemographic variables

3. Results and Discussion
The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. The findings were presented in the following sections.

The analysis of the data was mainly classified as
Section-I Frequency and percentage distribution of socio demographic variables of caregivers

Section II: Association between the level of burden and socio demographic variables

Section III: Mean and standard deviation of level of burden

Section IV: Association between the level of burden and socio demographic variables of caregivers

Section-I
Frequency and percentage distribution of socio demographic variables of caregivers
Majority of caregivers31 (31%) are above 48 years of age, most of them 68(68%) are female caregivers, 69(69%) caregivers are belongs to nuclear family, 33 (33%) caregivers are completed primary education, most of the caregivers 40(40%) working as a coolie, 46(46%) caregivers are had income of Rs. < 5000, 79(79%) caregivers are married, 56(56%) hemodialysis patients are getting care from their spouses,49 (49%) caregivers are had hypertension and 80(80%) hemodialysis patients weekly twice dialysis

Section-II
Level of Burden of Caregivers

Section III
Section-III
Mean and standard deviation of level of burden among caregivers
The mean value of level of burden is 30.41 and standard deviation is 12.065.

Section–IV
Association between Level of Burden and Socio Demographic Variables of Caregivers
Results show that there is an significant association between the socio demographic variables like Gender, Education, Health Problems and Duartion of Dialysis.

4. Conclusion: The study findings reveals that majority caregivers are had moderate burden. Hence there is need to conduct stress relieving measures for caregivers.

5. Recommendations
Nursing practice
The present health care system gives emphasis on comprehensive family centered, which includes preventive promotive curative and rehabilitative care.
Planned health teaching programme can be conducted for relieving stress among caregivers.
Nurses should have better understanding of ill effects of burden.

Nursing administration
The nurse administrator should take initiative to conduct effective in-service education and workshops different aspects of caregiver health and its important as well as to update their knowledge for early identification of ill effects of caregivers.

Nursing Research
Research should be done on effectiveness of different relaxation methods for caregivers of patients with various chronic illness.

6. References
1. Barry Brenner M. Remission of renal disease: recounting the challenge, acquiring the goal, J Clin Invest. 2002; 110(12):1753-1758.
2. Boleslaw Rutkowsk, Ivan Rychlik. Daily hemodialysis and caregiver burden, nephrology dialysis transplantation. 2001; 26(7):2074-2076.
3. Schulz R, Beach SR. Caregiving as a risk factor for mortality: the Caregiver Health Effects Study. JAMA 2013; 282:2215-2219.
4. Subhashini N. Assessment of Coping Strategies among Breast Cancer Patients on Chemotherapy. NNJ. 2014; 3(1):43-45.
5. Pereira AA, Weiner DE, Scott T, Sarnak MJ. Cognitive function in dialysis patients. American Journal of Kidney Diseases. 2005; 45:448-462
6. Fatemeh Mashayekhi, Motahareh Pilevarzadeh, Foozieh Rafati. The assessment of caregiver burden in caregivers of hemodialysis patients.2015; 27(5):333-336.
7. Modi G, Jha V. Incidence of ESRD in India. Kidney Int 2011; 79:573. | Article | PubMed
8. Polit DF. Nursing Research Principles and Methods. 3rd edition. Philadelphia, J.B. Lippincott Company, 2003, 32-5.