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Caregiver burden for parents of children with allergies

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The concept of “caregiver burden” is gaining importance today to understand the effects of childhood chronic diseases and to plan family-centered strategies. The purpose of this study was to assess the caregiver burden on parents of allergic children. Totally 213 mothers, who have children with allergy between 6-12 years old, have participated in this study. Caregiver burden was assessed through ‘Caregiver Burden Index (CBI)’ consisting of three subscales. Ranges of total score and subscales are; physical health complaints = 4-20, psychological distress = 9-45, constraints on personal and family life = 7-35 and total score = 20-100 respectively. Both high scores of the total and subscale show that, parents experience more difficulties. The mean ages of children were 8.5 ± 3.8 (range = 6-12) and diagnose duration was 7.8 ± 4.1 years. Caregiver burden total mean score, was 71.8 ± 17.2 and subscale mean scores; constraints on individual and family life = 21.8 ± 4.9 ; psychological distress = 30.1 ± 6.9 ; physical health problems = 10.5 ± 3.6 . There was a negative relationship between the child's age, total and subscale mean scores. The results of this study indicated that the most effect of the burden of care on the mothers is the level of stress experienced. Determining the challenges of caregivers for children with chronic health problems is important for the development of coping strategies. The results of the research will guide the development of correct approaches for caregivers.

Biography

Ayfer Ekim is an Assistant Professor at Department of Nursing, Istanbul Bilgi University, Istanbul, Turkey. She has completed her PhD at Marmara University Department of Pediatric Nursing. Her primary interests are childhood chronic diseases, pain management and nursing theory and models. She still works as a Researcher and Educator in the field of Pediatric Nursing.

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