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The caregiver burden of different care roles for HIV/AIDS patients

Wang Xia

Sichuan University, China

Background: At present, AIDS is a global social problem and a public health problem. By the end of 2018, China has reported more than 840,000 cases of living HIV/AIDS patients, and the number of reported cases is increasing year by year. AIDS is still incurable infectious disease, which can only be controlled by antiviral treatment. AIDS brings huge pressure and economic burden to caregivers, and has a significant impact on the whole family. Liangshan prefecture is located in the southwest of Sichuan province, adjacent to Yunnan province. It is the largest Yi community in China and currently one of the regions with the most serious AIDS epidemic in China.

Objective: This study took Zhaojue county, Liangshan prefecture, Sichuan province as the research site to explore the care burden of caregivers in different care roles for HIV/AIDS patients, and to provide help for reducing the care burden of caregivers.

Methods: Caregivers of 222 HIV/AIDS patients were investigated by general information questionnaire, Chinese version of Zarit caregiver burden scale (ZBI).

Results: The caregiver burden score of caregivers for HIV-infected/AIDS patients was (40.61 ± 14.47) , which was at the medium level. The caregiver burden score of parents with the care role was the highest, which was significantly higher than that of non-parents ($F=4.87, P<0.01$).

Conclusion: The caregiver burden of caregivers for HIV/AIDS patients in Liangshan prefecture is at a medium level, and there are significant differences among different care-taking roles.

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