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The effect of educational support on caregiver burden in family caregivers of patients undergoing coronary artery bypass graft surgery

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Family caregivers of patients undergoing CABG (coronary artery bypass graft Surgery) experience a high level of caregiver burden. Educational support and follow-up may help reduce care burden in caregivers of patients undergoing CABG. The purpose of this study was to determine the effect of educational support on the caregiver burden of patients undergoing CABG. This quasi-experimental study was conducted in Shahid Rajaei Cardiovascular, Medical and Research Center on 80 family caregivers of CABG patients selected by convenience sampling in the year 2018. Patients were randomly assigned to two groups. The intervention group, in addition to routine trainings at the time of entering the study, before the surgery, the second day after the surgery and before discharge from the hospital, received educational support and were contacted by a mobile-based social network and telephone for up to 6 weeks after discharge for continued support. For collecting data before and 6 weeks after discharge the Caregiver Burden Inventory (CBI) and KATZ Index of Independence in Activities of Daily Living were used. Data were analyzed using Chi-square, Fisher's exact test and independent t-test in SPSS version 21. The results of the study showed that there was a significant difference between the two groups in terms of mean caregiver burden six weeks after discharge ($P < 0.001$). In terms of the ability to independently carry out daily activities at the time of entering study, both groups had "complete independence." According to the results of the study, the mean of patients' ability to perform independent activities of daily living in the two groups was statistically significant ($P < 0.001$). After providing educational support, the caregivers' care burden in the intervention group decreased, so it is suggested that this intervention be used as an effective strategy to support of family caregivers. Given that caregivers are the most important source of care for patients, there is more need for nursing and medical personnel to take notice of reducing the cost of caregiver burden and the use of appropriate interventions to reduce these problems, because supporting them means continuance of care for the patient. Therefore, nurses should use this program as an effective way to support and improve the comfort and health of caregivers of patients undergoing for CABG.