CONCLUSIONS & RECOMMENDATION

Burden may not be disease specific but may be a universal phenomenon of caring for care recipients of all ages with chronic illnesses (Auble et al., 2009). ANP’s need to embrace the care recipient and the caregiver as a dyad to strategize plans of care that are beneficial to both participants. This study has important implications for clinicians to assess caregivers early in their new role and to provide interventions designed to minimize stress and to improve quality of life.

RECOMMENDATION

Replication of this study with a larger sample size. Conduct future studies identifying caregivers experiencing burden that provide support and problem-solving strategies either face-to-face in an office or home setting, on the telephone, Face Time or a combination of the three with the goal of facilitating the positive aspects of the caregiving experience.

REFERENCE


