

What About The Caregivers?

Psychological Outcomes In Informal Caregivers Of The Critically ill: Preliminary Results

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Background

Reliance on families to adopt informal caregiver role¹

Caregivers experience depression; burden and lifestyle interference¹

Greatest period of risk during critical care¹

Negative psychology² and positive psychology



¹Haines 2015 CCM, ²Kulkarni 2010 Chest

Rationale and Study Aim

- No data describing caregiver psychological trajectories in Australia

Study aim:

To investigate the prevalence and short term trajectory of psychosocial morbidity in informal caregivers of patients requiring mechanical ventilation for >48 hours, at:

- i) ICU admission,
- ii) Hospital discharge
- iii) Two-months post hospital discharge



PATIENT Exclusions:

<18 years of age, imminent death, ICU readmission, predicted hospital stay >6mths or unlikely to return home, care facility pre-morbidly

CAREGIVER Exclusions:

Unable to understand English language, Unable to be identified or contacted



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Methods – Caregiver Outcomes

ICU

- Demographics, Employment, Caregiver Assistance Scale
- Anxiety, Depression, HRQoL, Lifestyle Interference, Self-Mastery

Hospital DC

- Anxiety, Depression, HRQoL, Lifestyle Interference, Self-Mastery

2 Months
Follow-up

- Employment, Caregiver Assistance Scale
- Anxiety, Depression, HRQoL, Lifestyle Interference, Self-Mastery
- PTSD



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Methods – Psychological Outcome Measures

Outcome	Outcome Measure
Anxiety	Hospital Anxiety & Depression Scale ¹
Depression	Center for Epidemiological Studies-Depression ²
HRQoL	Short Form 36 version 2 ³
Lifestyle Interference	Activity Restriction Scale ⁴
Resilience	Pearlin's Self-Mastery Scale ⁵
Post-traumatic Stress Disorder	Impact of Events Scale ⁶

¹Zigmond 1983, ²Radloff 1977, ³Ware 2004, ⁴Williamson 1992, ⁵Pearlin 1978, ⁶Horowitz 1979



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Methods – Patient Outcomes

ICU

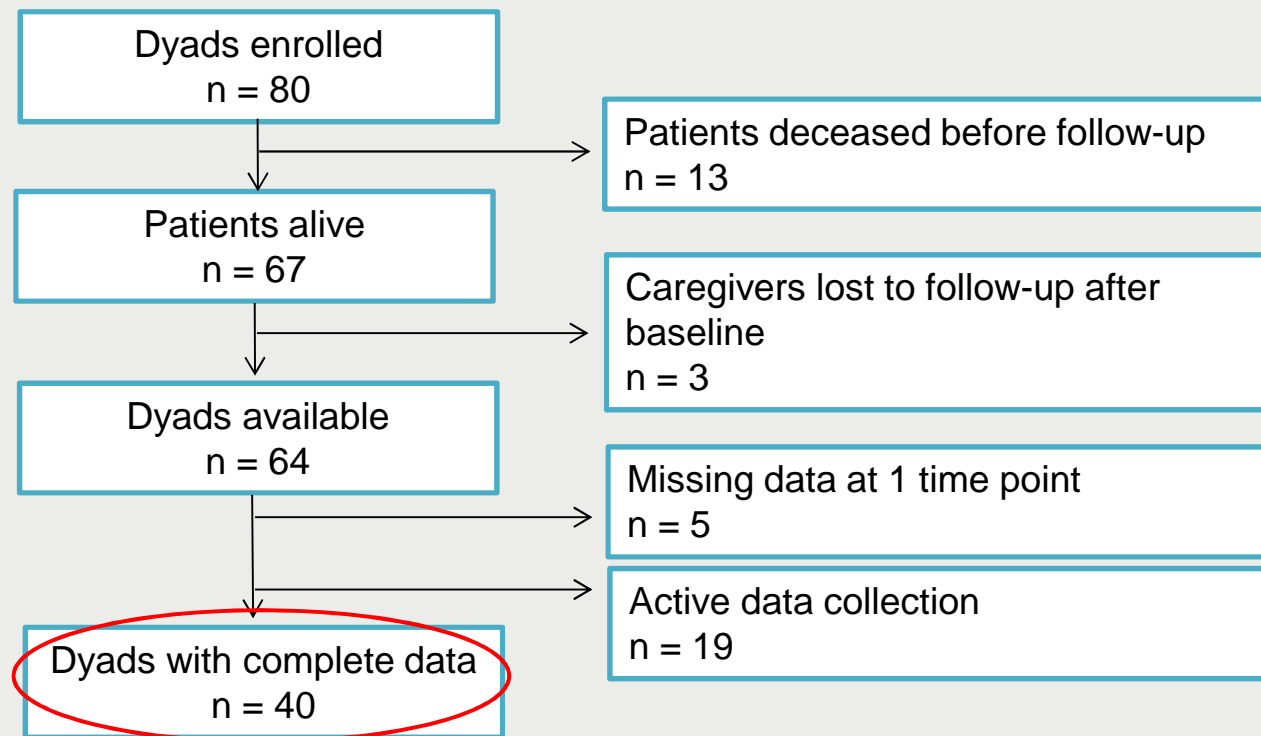
- Demographics
- Employment
- Pre-ICU Function: Activities of Daily Living¹, Instrumental Activities of Daily Living²

2 Months
Follow-Up

- Employment
- Post-ICU function: Activities of Daily Living¹, Instrumental Activities of Daily Living²

¹Katz 1963a, ²Katz 1963b

Results – Participant Flow



Results – Caregiver Characteristics

CHARACTERISTIC n = 40	PRE-ICU	POST- ICU 2MTHS FU
Age, mean (SD)	54 (15)	-
Gender, female n (%)	25 (63)	-
Spouse/Partner, n (%)	26 (65)	-
Other dependents, mean (SD)	1 (2)	-
Pre-existing psychology, no n (%)	34 (85)	-
University-educated, n (%)	19 (48)	-
Full-time employment, n (%)	15 (38)	15 (38)
Caregiver assistance scale, mean (SD) (Range 0-102)	10 (20)	20 (23)



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Results – Patient Characteristics

CHARACTERISTIC n = 40	PRE-ICU	POST- ICU 2MTHS FU
Age, mean (SD)	56.7 (15)	-
Gender, male n (%)	24 (59)	-
APACHEII, mean (SD)	19 (7)	-
ICU Admission Diagnosis, cardiac n (%)	9 (22)	-
MV Hours, Mean (SD)	158.3 (96.2)	-
ICU Length of stay, Median (IQR)	8.5 (9)	-
ADL (Range 0-6), mean (SD)	6 (0.2)	6 (1)
IADL (Range 0-8), mean (SD)	7 (1.3)	7 (1.8)
Full-time employment n (%)	11 (27)	4 (10)

Caregiver Outcomes

Depression and anxiety symptoms over time



Results – Caregiver Outcomes Over Time

Outcome	ICU n= 40	Hospital Discharge n= 40	Two month follow up n= 40
Activity Restriction mean (SD) (Range 7-36)	20 (9)	16 (7)	13 (6)
Low self- mastery n (%)*	11 (28)	15 (38)	10 (25)
SF36 Mental Component Score mean (SD) Population mean (SD) = 50 (10)	44 (14)	40 (16)	48 (10)
PTSD - IES > 19 n (%)*	-	-	13 (33)

*Clinically significant symptoms according to reported cut-off scores - Haines 2015

Discussion



First Australian study

Psychological morbidity highest during ICU

>30% experienced PTSD at 2 months
– may impact patient recovery

Informs future interventional research



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Thank you for listening



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