



Unmet Mental Health Needs And Caregiver Strain In Continuous Ambulatory Peritoneal Dialysis

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Chronic kidney disease often necessitates dialysis, with CAPD being a common home-based treatment. Caregivers play a vital role in managing daily CAPD tasks and providing emotional support, but they often face significant stress, anxiety, and unmet mental health needs. This leads to heightened strain and risk of burnout. This study explores the factors contributing to caregiver burden and the unmet mental health needs in CAPD.

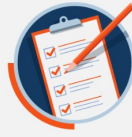
Research Methodology



Tertiary Care Hospital
South Kerala India



58 caregivers of
CAPD patients
>1 year duration



- **Zarit Burden Scale (ZBS)** 22 items
- **PHQ-9:** Measures depression
- **GAD-7:** Measures anxiety

Primary Objective:

- To evaluate the prevalence of caregiver burden, depression, and anxiety among caregivers of CAPD patients.

Secondary Objectives:

- To assess the relationship between caregiver burden and factors like income, job status, and CAPD management challenges.
- To evaluate the impact of government financial support on caregiver stress.

Results and discussion

Mean age ± SD

46.59 ± 6.13 years

Sex

Males: 24.14 %
Females:75.86 %

Caregivers

- Wife: 59%
- Mother: 16%
- Father: 10%
- Husband: 7%
- Daughter: 5%
- Son: 3%

Education level

- Primary School: 76%
- Pre-University: 19%
- Undergraduate: 5%

Job

- Not Working: 41%
- Stopped Working to Help in PD: 38%
- Working: 21%

Family Income

- 74.13% had a family income between ₹5,000-₹10,000.
- Mean ± SD: ₹9,336.21 ± ₹4,322.92
- Half of the patients received additional government financial assistance.

PD Procedure related

22.41%

Difficulty in obtaining fluid

34%

Difficulty in disposing bag

14%

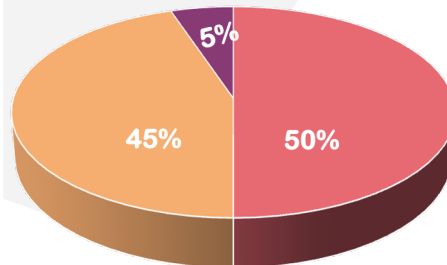
Had peritonitis

48%

Fear of peritonitis

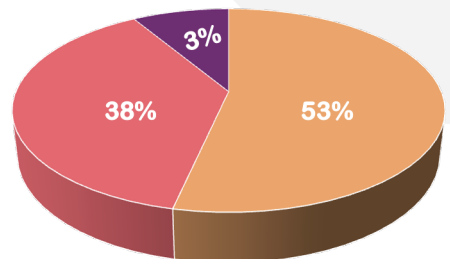
01 Caregiver burden (ZBS-22)

No or Little Mild - Moderate Mod- Severe



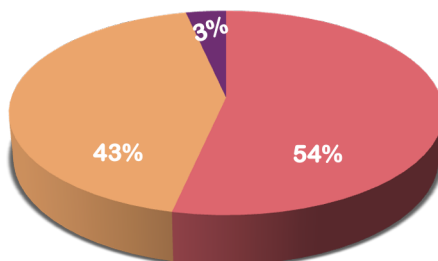
02 Depression (PHQ-9 Score)

None/Minimal Mild Moderate



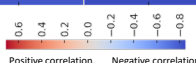
03 Anxiety (GAD-7 Score)

Minimal Mild Moderate



04 Corelation (p<0.05)

Age	0.09	0.14	0.18
Sex	0.06	-0.02	0.07
Education	0.15	-0.08	-0.07
Caregiver with job	0.57	0.51	0.46
Duration years	-0.06	0.04	0.09
Fear of PD Peritonitis	0.42	0.51	0.39
History of PD Peritonitis	0.46	0.39	0.42
Difficulty in obtaining PD fluid	0.55	0.51	0.61
Difficulty in disposing Drain bag	0.66	0.71	0.70
Monthly income	-0.30	-0.30	-0.22
Govt financial Benefit	-0.81	-0.85	-0.84



Significant corelation

- **Positive Correlations:** Caregiver job, fear/history of peritonitis, and PD-related difficulties increase burden and anxiety scores.
- **Negative Correlations:** Higher income and financial benefits reduce scores.
- ZBS with PHQ-9 (r = 0.83) and GAD-7 (r = 0.80). PHQ-9 with GAD-7 (r = 0.94).

Needed intervention

- **Workload Management:** Address caregiving tasks.
- **Psychological Interventions:** Reduce caregiver stress and anxiety.
- **Healthcare and Logistics:** Improve access to PD supplies and disposal mechanisms.
- **Financial Support:** Enhance monetary assistance to ease caregiver burden.

Conclusion

- **Caregiver Stress:** Mild to moderate burden affects 44.82%, driven by depression, anxiety, and fear of peritonitis. **Financial Role:** Economic support significantly eases caregiver burden. **Logistical Issues:** PD fluid access and disposal challenges require immediate attention.