

VOLUME 42, NUMBER 4
April 2025

ISSN 0189 - 160X

WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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ORIGINAL ARTICLE

The Burden on Caregivers and Life Satisfaction Among Caregivers of Patients with Chronic Diseases Admitted to the Emergency Department of a Tertiary Health Institution in Southwest Nigeria

Le Fardeau des Aidants et la Satisfaction de Vie parmi les Aidants de Patients atteints de Maladies Chroniques Admis au Service des Urgences d'un Établissement de Santé Tertiaire dans le Sud-Ouest du Nigéria

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ABSTRACT

INTRODUCTION: Caregivers of patients in hospital experience enormous strain and discomfort while caring for their loved ones. The burden on caregivers while caring for a hospitalised patient is also varied and requires proper identification due to the significant role these caregivers play in the patient's outcome. Caregiver burden is related to the well-being of both the patient and caregiver; therefore, understanding the attributes associated with caregiver burden is important.

AIM: To assess the relationship between the social, emotional, financial, and family burden with life satisfaction of caregivers of patients.

METHOD: This was a cross-sectional study that recruited 248 adult caregivers (18 years and above) of patients with chronic diseases admitted into the Emergency Department of Obafemi Awolowo University Teaching Hospital Complex (OAUTHC). All caregivers who consented to participate in the study had an interviewer-administered questionnaire.

RESULTS: The mean age of caregivers was 41.27 ± 15.28 years with a range of 16-89 years. More were within the age groups 21-30 years, and were mostly family members (94%). Sons/daughters were the most prevalent (39.1%), with daughters constituting 24.5% and sons were 14.6%. Majority (77.0%) of the caregivers experienced caregiver burden. The mean burden score based on the Zarit Burden Interview was 17.85 ± 7.67 and 21.8% of the caregivers were dissatisfied with life.

The rural dwellers experienced high burden and were less satisfied with life compared to the urban dwellers ($p=0.029$). Also, caregivers who had cared for their sick patient for three months to one year experienced higher burden compared to those who had cared for shorter duration ($p=0.020$).

CONCLUSION: Caregiver burden was present among caregivers and the level of satisfaction with life can influence burden of care.

WAJM 2025; 42 (4): 253-265

KEYWORDS: Caregiver, Burden, Life, Satisfaction, Emergency

RÉSUMÉ

INTRODUCTION: Les aidants des patients hospitalisés subissent une pression et un inconfort considérables pendant qu'ils s'occupent de leurs proches. Le fardeau lié à ce rôle varie et nécessite une identification adéquate en raison de l'impact significatif qu'ont ces aidants sur les résultats des patients. Ce fardeau est lié au bien-être du patient autant que de l'aidant ; ainsi, comprendre les facteurs associés à ce fardeau est essentiel.

OBJECTIF: Évaluer la relation entre les charges sociales, émotionnelles, financières et familiales et la satisfaction de vie chez les aidants de patients.

MÉTHODE: Il s'agit d'une étude transversale ayant recruté 248 aidants adultes (âgés de 18 ans et plus) de patients atteints de maladies chroniques admis au service des urgences du complexe hospitalier universitaire Obafemi Awolowo (OAUTHC). Tous les aidants ayant donné leur consentement ont été interrogés à l'aide d'un questionnaire administré par un enquêteur.

RÉSULTATS: L'âge moyen des aidants était de $41,27 \pm 15,28$ ans, avec une fourchette de 16 à 89 ans. La majorité appartenait aux groupes d'âge 21-30 ans et étaient principalement des membres de la famille (94 %). Les fils et filles représentaient 39,1 % des aidants, dont 24,5 % étaient des filles et 14,6 % des fils. La majorité (77,0 %) des aidants ont subi un fardeau. Le score moyen du fardeau selon l'entretien Zarit était de $17,85 \pm 7,67$, et 21,8 % des aidants étaient insatisfaits de leur vie.

Les habitants des zones rurales ressentaient un fardeau plus élevé et étaient moins satisfaits de leur vie que ceux des zones urbaines ($p = 0,029$). De plus, les aidants ayant pris soin du patient pendant trois mois à un an ont éprouvé un fardeau plus important que ceux qui s'en étaient occupés pendant une période plus courte ($p = 0,020$).

CONCLUSION: Le fardeau de l'aidant est une réalité dans ce contexte, et le niveau de satisfaction de vie peut influencer le poids du rôle d'aide. WAJM 2025; 42 (4): 253-265

MOTS-CLÉS: Aidant, Fardeau, Vie, Satisfaction, Urgences

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