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I. Option 2

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| Piensa que su familiar le pide más ayuda de la que realmente necesita? | |
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| Piensa que debido al tiempo que dedica a su familiar no tiene suficiente tiempo para Vd.3 | |
| Se siente agobiado por intentar compatibilizar el cuidado de su familiar con otras esponsabilidades (trabajo, familia)? | |
| Siente vergüenza por la conducta de su familiar? | |
| Se siente en/adado cuando está cerca de sú familiar? | |
| Piensa que el cuidar de su familiar afecta negativamente la relación que usted tiene con tros miembros de su familia? | |
| Tiene miedo por el futuro de su familiar? | Т |
| Piensa que su familiar depende de Vd.? | 1 |
| Se siente tenso cuando está cerca de su familiar? | |
| Piensa que su salud ha empeorado debido a tener que cuidar de su familiar? | |
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| Piensa que su vida social se ha visto afectada negativamente por tener que cuidar de su imiliar? | |
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| Piensa que su familiar le considera a usted la única persona que le puede cuidar? | 1 |
| Piensa que no tiene suficientes ingresos económicos para los gastos de cuidar a su imiliar, además de sus otros gastos? | |
| Piensa que no será capaz de cuidar a su familiar por mucho más tiempo? | |
| Se siente que ha perdido el control de su vida desde que comenzó la enfermedad de su imiliar? | T |
| Desearia poder dejar el cuidado de su familiar a otra persona? | |
| Se siente indeciso sobre qué hacer con su familiar? | |
| Piensa que debería hacer más por su familiar? | |
| Piensa que podría cuidar mejor a su familiar? | 1 |
| Globalmente, ¿què grado de "carga" experimenta por el hecho de cuidar a su familiar? | 1 |
| TOT | AL |

OPCIONES 1= Nunca 2= Rara vez 3= Algunas veces 4=Bastantes veces 5=Casi siempre

Caregiver Burden Inventory (Novak and Guest, 1989)

The Case Manager will administer the inventory by reading the statement and marking the responses. Choose the number that best represents how often the statement describes your feelings 0 - Never

| I - Rare | ly |
|-----------|--------------|
| 2 - Seme | times |
| 3 - Quite | e Frequently |
| 4 - Near | ly Abrays |
| | |
| Client | Name |

| Time Dependency Items | Emotional H | lealth Items |
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| COCC | I feel angry about my interest with him/her | tions ©©©©@@ |
| et in peterne une uniter would be BBBG | Scores near or above 36 i need for respite and | |



It is important to seriously look at any item on the burden s 3 or 4 (quite frequently' or 'nearly always'). If you have a 3 thought about why the caregiver scored so high on the question and see it you can tind away to reduce the stress.

Comments:

| Physical Health | Items | |
|---|-------|--|
| I'm not getting enough sleep | 00000 | |
| My health has suffered | 00000 | |
| Care giving has made me physically mck | 00000 | |
| I'm physically tired | 00000 | |

GLOBAL JOURNAL OF MEDICINE AND PUBLIC HEALTH



Care for the caregiver: Stress relief and burnout among health workers in HIV care

Ruth Atukunda*1, Peter Memiah2, Constance Sibongile Shumba1

ABSTRACT

Introduction Health care facilities in resource-limited settings are faced with numerous challenges including high patient loads and shortage of trained health workers. However, there still remains a dearth of scientific evidence to assess and address issues associated with stress and burnout among health workers providing HIV care.

Methods An annual assessment was conducted using a site capacity assessment tool to evaluate the quality of care at 18 HIV health facilities. Questions to determine stress management and HIV care among health workers were graded from o-5 (lowest to highest score). Data on performance of health facilities were summarized on an excel sheet.

Results Majority of the health facilities (67%) did not have polices or practices in place to relieve stress faced by staff in providing care for persons with HIV/AIDS.Less than half of the health facilities (44.4%) had policies on PEP, confidential HIV testing and counseling as well as referral for care and treatment for staff that are found to be HIV positive.

Conclusion Evaluating and addressing issues associated with stress, burnout, as well as providing HIV care services among health workers in HIV settings is imperative for provision of good quality of care.

INTRODUCTION

The HIV epidemic has greatly contributed to the strain on the health workforce in Sub-Saharan Africa. Worldwide there are approximately 34 million people living with HIV (PLHIV), nearly 70% of these cases are in Sub Saharan Africa⁴. Moreover, the global HIV prevalence is expected to increase in the next ten years indicating that more resources are required to strengthen the weak health systems. In order to ensure quality HIV/AIDS care, countries need to pay critical attention to acquiring and maintaining the essential professional competence in the management of HIV-related illnesses as well as ensuring the availability of support services that are required for the comprehensive care of HIV complications' Health workers in high HIV prevalence settings are faced with the dual burden of both physical and the emotional risks associated with work overload and minimal motivation while providing this care².

Furthermore, health workers are prone to HIV infection since the epidemic is generalized and HIV is a major cause of health worker mortality in Africa^{3,4}. A study in South Africa showed that 15.7% of health workers in private and public sectors in four provinces had HIV⁵. In Malawi, one in 10 health workers were estimated to have died of AIDS since

www.gimedph.com.Vol. 2, No. 1 2013

155N#- 2277-9604

GIMEDPH sos 3; Vol. 2, issue 2

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Conflict of Interest-none

difficulties for carers. "Understanding Caregiver Stress Syndrome" (PDF). Archived from the original on 2013-04-13. "Predictors of depression and life satisfaction among spousal caregivers in hospice: Application of a stress process model". G.; King, J. This is known as "Caregiver gain". Journal of Behavioral Medicine. PMID 18595654 PMID 17845108. L.; Yee, J. For example, caregivers of children with developmental disabilities have been found to have lower antibody responses to vaccination compared to a control group of parents and this particularly strong for those without social support.[7] Symptoms include depression, anxiety, and anger. "Factors associated with dementia caregivers' preference for institutional care". Through training, caregivers' preference for institutional care". Carroll, D. ^ "Most people caring for relatives with dementia experience loneliness". ^ "Caring for Yourself". Many believe it would be beneficial for this to receive a clinical name though, so caregivers would be able to receive the appropriate resources they need. A.; Patterson, T. Participating in these groups allows caregivers to care for their family members longer in their homes.[43] Support A 2014 Cochrane review found that telephone counseling can reduce symptoms of depression for caregivers include: health services in the home companion or chore services day care centers for adults respite care, time out at nursing homes, or assisted living facilities counseling[44] legal advice money management support groups psychotherapeutic programs[45] educational programs[46] Remotely delivered information for caregivers A 2021 Cochrane review found that remotely delivered information for caregivers and information may reduce the burden for the informal caregiver and improve their depressive symptoms.[47] However, there is no certain evidence that they improve it or discuss these issues on the talk page. 23 (3): 338-46. The demands of caregiving cause caregivers to move around a lot, and stay on their feet. doi:10.1097/01.psy.0000174171.24930.11. "Lymphocyte proliferation is associated with gender, caregiving, and psychosocial variables in older adults". PMID 18377149. 12 August 2019. The equivalent used in many other countries, the ICD-11, does include the condition.[2] Over 1 in 5 Americans are providing care to those who are ill, aged, and/or disabled.[3] Over 13 million caregivers provide care for their own children as well. (1986). Please help improve it by rewriting it in an encyclopedic style. doi:10.1001/jama.282.23.2215. K.; Gwyther, L. Retrieved from " ^ López, J.; Romero-Moreno, R.; Márquez-González, M.; Losada, A. J.; Sada, M.; et al. ISSN 1532-2998. C.; Drayson, M. (September-October 2005). doi:10.1097/01.psy.0000173312.90148.97. ISSN 1465-1858. PMID 15385705. doi:10.1002/14651858. CD009126.pub2. "Differential immune cell chemotaxis responses to acute psychological stress in Alzheimer's caregivers compared to non-caregiver controls". 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It is difficult to provide quality care in this state of stress.[8] The health of caregivers should be monitored in various ways.[12] There are tests for measuring the amount of stress on a caregiver.[13] Caregivers are at risk for adverse effects on their health, due to emotional distress.[14] Even after caregiving has terminated, these stressors can have long-lasting effects on the caregiver's body due to these immune alterations.[15] Since caregiving has terminated, these stressors can have long-lasting effects on the caregiver's body due to these immune alterations.[15] Since caregiving has terminated, these stressors can have long-lasting effects on the caregiver's body due to these immune alterations.[15] Since caregiver's body due to these immune alterations.[16] Since caregiver's body due to these immune alterations.[17] Since caregiver's body due to these immune alterations.[18] Since caregiver's body due to these immune alterations.[18] Since caregiver's body due to these immune alterations.[19] Since caregiver's body due to the second due to the s studies are being done to assess the risks that a caregiver poses when they assume this job and its effects on their immune functioning,[20] risk for depression,[21] poor quality of sleep,[22] long-term changes in stress responses,[23] Cardiovascular diseases,[24] an increased risk of infectious disease, and even death [25][26] Resentment from the patient is what may lead to the depression and distress typically seen in caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[27] This anxiety and depression can then lead back into the health of the caregivers.[28] The World Health of the caregiver and no other household member able to render care".[2] Its browser and coding tool also associate this condition with the term "caregiver burnout",[29] connecting it to occupational burnout. 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Caregivers maintained higher physical performance when compared to non-caregivers. ^ von Kaenel, R.; Dimsdale, J. 26 (1): 42-48. ^ von Kaenel, R.; Dimsdale, J. 26 (1): 42-48. ^ von Kaenel, R.; Dimsdale, J. 26 (1): 42-48. ^ von Kaenel, R.; Dimsdale, J. 26 (1): 42-48. ^ von Kaenel, R.; Dimsdale, J. 26 (1): 42-48. ^ von Kae important thing the caregiver can do is keep the person with Alzheimer's safe. Psychosomatic Medicine. C.; et al. Psychology and Aging. 2020-07-22. Health Net. "Effects of chronic stress, social support, and persistent alterations in the natural killer cell response to cytokines in older adults" (PDF). MONEY FM 89.3. 5 December 2019. ^ Li, J.; Cowden, L. Stress and Health. 27 (2): 83-89. Typical symptoms of the caregiver syndrome include fatigue, insomnia and stomach complaints with the most common symptom being depression "Caregiving for children with developmental disabilities is associated with a poor antibody response to influenza vaccination" (PDF). 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L.; Grant, I. G.; et al. S2CID 41444518. They receive help directly from dementia care specialists who work with the client on an individual basis to find solutions to problems such as: Caregiver stress Challenging behaviors Home safety Depression Self care Social support[48] Benefits of caregiving Caregivin S2CID 13005846. CiteSeerX 10.1.1.539.201. Research has shown that caregivers experience lower stress and better health when they learn skills through this caregiving training and participate in support groups. PMID 10892207. Family Caregiver Alliance. American Psychologist. PMID 17563191. "Remotely delivered information, training and support for informal caregivers of people with dementia". B.; Mercado, A. Alzheimer's Association, Cleveland Area Chapter. "Double-duty caregivers" are those already working in the healthcare field who feel obligated to also care for their loved ones at home. Retrieved February 27, 2013. 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Caregivers also suffer the grief of a declining loved one, as causing a depressive exhaustive state, deteriorating emotional and mental health. ^ a b "What is Diabetes Burnout?". Cochrane Database of Systematic Reviews. K.; Bodnar, J. The Cochrane Database of Systematic Reviews. doi:10.1097/PSY.0b013e3180cc2c61. Caregiving has been shown to affect the immune system. This program was designed specifically for people who are caring for a loved one with Alzheimer's Disease or Dementia at home, and makes it possible for those with dementia to live in the own homes longer by addressing these problems of caregiver health that force the caregiver to move their loved one is declining. PMID 12854938. L.; Jackson, S. ^ Esterling, B. a b c d e LeRoy, Andree (August 13, 2013). R.; Schulz, J. Retrieved 2013-02-27. PMID 10879581. Therefore, this is not addressed frequently. "Depression and distress predict time to cardiovascular disease in dementia caregivers". In other words, if a caregiver, they will inflict more stress on themselves by accepting the role.[33] Support from the religious community is directly and negatively associated with anger.[34] Risks The American families provide care for a family member over the age of 50. These rewards are emotional, psychological, and spiritual such as: Growing confidence in one's ability Feelings of personal satisfaction Increased family closeness[49] Women who become caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task, therefore it makes sense that they would be stronger than their non-caregivers are healthy enough to take on the task. doi:10.1097/01.psy.0000138118.62018.87. Since there are some illnesses that create a more intense need for caregiving, the caregiver is responsible for almost every aspect in the patient's life. "Analysis of the efficacy of a psychotherapeutic program to improve the emotional status of caregivers of elderly dependent relatives". (July-August 2007). PMID 12867353. C. S2CID 143724775. S2CID 38967408. 69 (6): 551-559. Beach, S. doi:10.1037/0882-7974.19.4.668. and search for "burnout" "Dealing With Diabetes Burnout". 2014 (9): CD009126. This over-exhaustion and constant caregiving role can cause an increase in physical and mental health deterioration. This trend may be due to elevated levels of stress hormones circulating throughout the body. T.; Patterson, T. PMC 7433299. (July-August 2005). 33 (6): 2099-105. The Gerontologist. 67 (4): 638-642. Clarksvilleonline.com. (2012-07-01). July 2, 2019. ^ Molloy, G. 67 (6): 964-971. (March 2008). (1983). hdl:10344/4373. ^ Grant, L.; Adler, K. Nevertheless, over half of the caregivers (52.6%) indicated that they had some desire to institutionalize their relatives with dementia.[35] The American Academy of Family Physicians and the National Center on Caregiving both believe all caregivers should be screened for stress and depression and recommend providing caregivers with their own resources to help them cope.[8] Since family and more often one member most assumes the primary caregiver role, these strains fall upon them. Retrieved 2016-08-26. (September-October 2004). ^ López, Javier; Crespo, María (2008). ISSN 0016-9013. On April 21, 2010, the U.S. Congress passed what is known as the "Caregivers and Veterans Omnibus Health Services Act of 2010". "Validation of a Caregiver Strain Index". The Lancet. The New York Times. ISSN 0098-7484. relationship to a caregiver and patient relationship to a caregiver and patient relationship to a caregiver strain Index". The Lancet. The New York Times. ISSN 0098-7484. relationship to a caregiver and patient relationship to a Alzheimer's Caregiver Health (REACH)". ^ "A Guide for Individuals Who Care for Persons with Dementia: Preventing Stress from Becoming Harmful" (PDF). "Positive aspects of caregiving and adaptation to bereavement". S2CID 31527781. This allows them to be more effective in their caregiving roles. D. 71 (3): 341-344. T.; Malarkey, W. Health. Some ways to improve this syndrome have been agreed upon by experts and include the following suggestions: Expanding the support system for the caregivers salaries competitive with those paid to professional healthcare providers doing similar tasks, thus allowing them to retire from salaried jobs for companies where management is willfully ignorant of or unsympathetic to their workers' family caregivers to work at home while caring for their patients Providing full medical benefits for caregivers and their patients Providing nursing and medical advice when needed, including home visits Providing respite services on demand Providing psychological counseling or psychiatric intervention for stress management Collecting data documenting savings for the national healthcare system made possible by home caregivers Although previous studies indicate a negative association between caregivers' anger and health, the potential mechanisms linking this relationship are not yet fully understood.[39] Prevention Effective coping strategies such as sleep, exercise and relaxation can help prevent stress.[40] Caregivers' fare better when they have active coping skills,[41] such as these coping interventions: Mindfulnessbased stress reduction Writing therapy Coping effectiveness training Stress management Relaxation training Assistive Technology[42] Nearly 15 million Americans provide care that is unpaid to a person living with Dementia. S2CID 21338363. ^ Hilgeman, M. 1999. PMID 10605972. doi:10.1016/j.bbi.2008.05.006. ^ Boerner, K.; Schulz, R.; Horowitz A. (2010). aarp.org. hdl:10637/6749. T.; Dimsdale, J. Annals of Behavioral Medicine. "Anger, Spiritual Meaning and Support from the Religious Community in Dementia Caregivers also did significantly better on memory tasks than did non-caregivers over a 2-year time frame. T.; Schulz, R. ^ Soulvie, M. 1: CD006440. doi:10.1023/A:1012987226388. (July 1994). (August 1992). doi:10.1037/0003-066X.55.6.647. 67 (5): 752-758. 25 (7): 1232-1238. A.; Siegler, I. This role change is difficult for many people to make, causing them to experience anger, resentment, and guilt. "The prevalence and predictors of loneliness in caregivers of people with dementia: findings from the IDEAL programme". PMID 9548703. E.; Robert, M. Journal of Palliative Medicine. ^ Folkman, S.; Moskowitz, J. The caregivers also had higher EBV antibody titres and lower percentages of T cells and TH cells.[4] Caregiving has also been shown to have adverse effects on wound repair.[5] Further these biological vulnerabilities are also evident in younger caregivers, implying that it is not an age and caregiver stress interaction. ^ Newsom, J. PMID 12021421. ^ Aschbacher, K.; Patterson, T. JAMA. PMID 19297308. The findings are based on moderate certainty evidence from 26 studies. 27 (2): 286-290. doi:10.1037/0882-7974.22.2.361. CiteSeerX 10.1.1.546.1180. PMID 7957007. This act recognizes the importance of caregivers who are caring for Veterans, and established a program of assistance for them with benefits including covering counseling and mental health care Since this term, "Caregiver syndrome" is widely used among physicians, but is not mentioned in the Diagnostic and Statistical Manual of Mental Disorders (DSM) or in medical literature, physicians are not always sure how to approach the issues that arise with this syndrome. S2CID 8060004. "Efficacy and Experiences of Telephone Counselling for Informal Carers of People With Dementia". C.; Glaser, R. Once they get frustrated, some of them give up and stop (maintaining) a healthy diet, taking their medications regularly, going for exercises and this will result in poor diabetes control."[32] Causes Caregiver syndrome is caused by the overwhelming duty of caring for a disabled or chronically ill person. ISSN 0148-8376 Archived from the original (PDF) on 2016-09-19. non-caregivers) were both in their eighties.[49] While this role brings with it high costs, high rewards are also there too. doi:10.1016/j.nrleng.2012.03.004. S2CID 3680007. P.; Loewenstein, D.; et al. doi:10.1080/13607860802224292. 26 (3): 253-259. L.; von Kanel, R.; et al. doi:10.1037/0882-7974.15.2.259. ^ a b S, Lins; D, Hayder-Beichel; G, Rücker; E, Motschall; G, Antes; G, Meyer; G, Langer (2014-09-01). (Learn how and when to remove these template messages) This article is written like a personal reflection, personal essay, or argumentative essay that states a Wikipedia editor's personal feelings or presents an original argument about a topic. (March 2006). S2CID 10664679. PMID 16204434. ^ Márquez-González, María; López, Javier; Romero-Moreno, Rosa; Losada, Andrés (2012). Since their roles are changing from a partnership or mother/daughter, mother/son, etc. ^ Victor, Christina R.; Rippon, Isla; Quinn, Catherine; Nelis, Sharon M.; Martyr, Anthony; Hart, Nicola; Lamont, Ruth; Clare, Linda (2021-07-03). PMC 2579267. Wellness Milestones. It has also been noted that psychological benefit finding can be an important way of dealing with stress. [50] The Perceived Benefits of Caregiving made you feel important?" There was an alpha coefficient of 0.7 for this scale.[51] These benefits of caregiving have been found to be associated with improved caregiving, and bereavement.[52][53] A study done with dementia caregivers showed that finding the benefits in caregiving predicted a better response to a caregiver intervention over a time period of 12 months.[54] See also Compassion fatigue Occupational burnout References ^ Christine Anne Piesyk (2009-08-23). 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