

A HIGH SENSE OF COHERENCE IN OLD SPOUSAL CAREGIVERS PROTECTS FROM BURDEN

F. Potier, JM. Degryse, G. Aubouy, S. Henrard, M. de Saint-Hubert
Université catholique de Louvain, Belgium



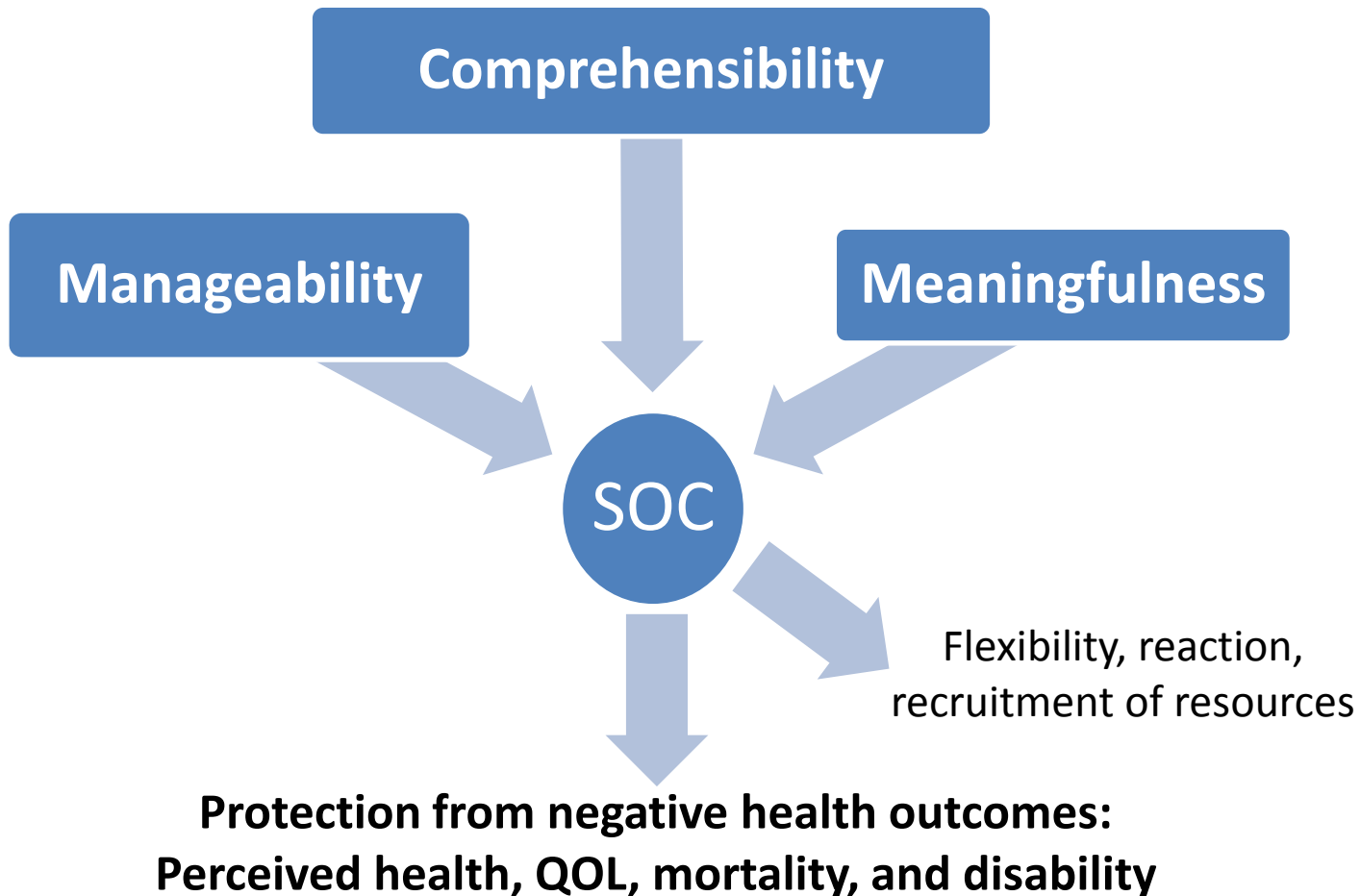
CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of interest to report

Introduction

- Old caregivers in geriatric medicine
- Sense of coherence
 - Salutogenesis vs pathogenesis
 - Focus on factors that support health and well-being, rather than on factors that cause disease

Sense of coherence



Objective & methods

- CAREGIVER² : cohort study
 - Associations between SOC, positive affects, depression and the burden experienced by older caregivers
 - Recruitment via geriatric day hospital (caregiver > 69y), GP
 - Measures
 - Cross sectional analysis
 - Stat : stepwise logistic regression, correlations

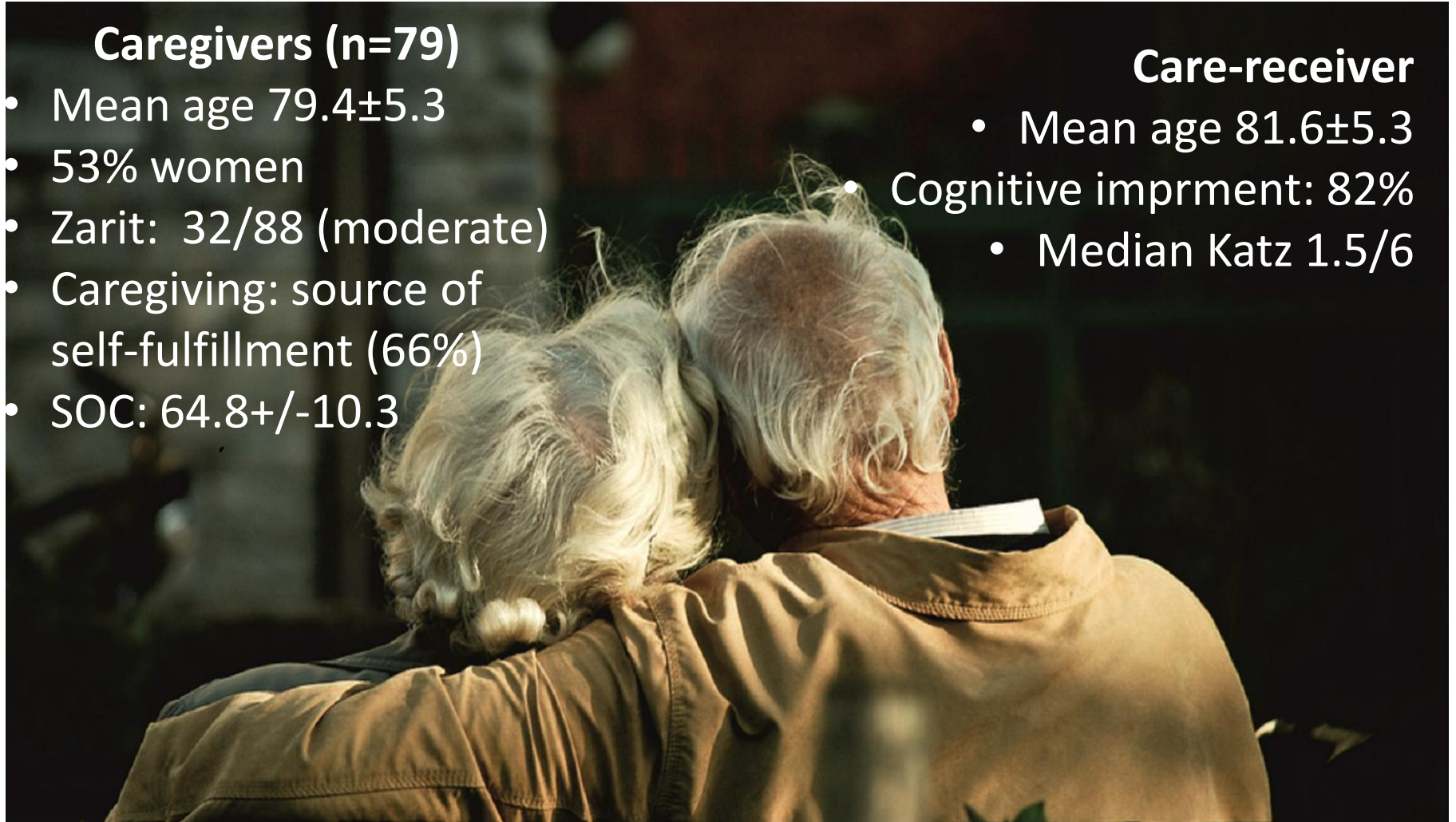
Results

Caregivers (n=79)

- Mean age 79.4±5.3
- 53% women
- Zarit: 32/88 (moderate)
- Caregiving: source of self-fulfillment (66%)
- SOC: 64.8+/-10.3

Care-receiver

- Mean age 81.6±5.3
- Cognitive imprment: 82%
- Median Katz 1.5/6



Factors associated with a higher caregiver burden

Variable	Univariate analysis		Multivariable analysis	
	OR (95%CI)	p-value	OR (95%CI)	p-value
Age, years	0.87 (0.79 - 0.96)	<0.01	0.87 (0.76 - 0.98)	0.03
Gender, male	0.59 (0.23 - 1.47)	0.26		
SOC quartile sup	0.15 (0.05 - 0.43)	<0.01	0.18 (0.04 - 0.65)	0.01
GDS>5	4.17 (1.36 - 15.76)	0.02	3.40 (0.87 - 16.37)	0.09
NPI quartile sup	3.22 (1.04 - 12.26)	0.06	2.90 (0.71 - 14.90)	0.16
Supervision >2 h/d	4.05 (1.24 - 14.66)	0,02		
Perturbed sleep	2.9 (1.09 - 8.46)	0.04		
KATZ>8/24	4.90 (1.76 - 14.59)	<0.01	8.69 (2.28 - 40.46)	<0.01

Characteristics associated with a higher SOC?

Variable	Univariate analysis		Multivariable analysis	
	OR (95%CI)	p-value	OR (95%CI)	p-value
Age, years	1.12 (1.02 - 1.24)	0.02	1.09 (0.98 - 1.21)	0.11
GDS >5/15	0.27 (0.07 - 1.02)	0.05	0.29 (0.06 - 1.06)	0.08
Self-esteem >3/5	3.69 (0.98 - 13.99)	0.05	3.035 (0.792 - 16.12)	0.09
Perturbed sleep	0.35 (0.11 - 1.08)	0.07		

- Socio-economic status, gender, medical characteristics NS
- SOC-13 & depression (Pearson's R =-0.47)
 - Different constructs

Discussion

- Higher SOC: protective factor >< burden

[Andren & Elmstahl, 2008](#); [Matsushita et al., 2014](#); [Stensletten, Bruvik, & Drageset, 2014](#))

- Caregiving as a source of self-fulfillment (66%)

- Limitations :

- Cross-sectional, size, convenience sample

- SOC & depression [Boeckxstaens et al., 2016](#)

- Influence of caregiver status on SOC

- Decrease with long-lasting caregiving

[Valimaki et al., 2009](#)

Perspectives

- Higher SOC & good health outcomes in caregiver
 - Successful home-care for the care-receiver
- Further research about caregivers' strengths instead of only their vulnerability
- Role of health providers:
 - Recognize expertise and the meaning
 - Enhance positive reactions
- Interventions should help caregivers focus on the positive aspects of providing care and enhancing their feelings of competence
- Susceptibility to change?

SOC is not an inverse measure of depression

Socio-demographic and health variables (N=79)	SOC	GDS
Gender #	0.11	-0.08
Age ##	0.28*	-0.11
Socio-economic score ##	0.23*	-0.18
Burden ##	-0.23*	0.22
SPPB ##	-0.001	-0.13
Nutrition ##	0.14	-0.14
Frailty ###	-0.12	0.21

Notes. #: biserial correlation, ##: Pearson's correlation, ### polyserial correlation *: p < 0.05