UNDERSTANDING CAREGIVER BURDEN IN COLORECTAL CANCER
WHAT ROLE DO PATIENT AND CARER FACTORS PLAY?

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Background

Colorectal cancer cases increasing → Greater dependence on informal carers

Caring impacts carer's:
• Physical health
• Well-being
• General quality of life

What factors place colorectal cancer carers most at risk of experiencing burden?

Study objectives

To investigate role of
I. Patient health
II. Care-related activities
III. Carer characteristics
in predicting four aspects of burden

Methodology

Participants: 228 colorectal cancer survivors & 153 carers in Ireland responded to survey

Patient questionnaire included measures of:
• Objective health (e.g. cancer stage)
• Quality of life (EORTC QLQ30)

Carer questionnaire included measures of:
• Sociodemographic factors
• Care-related costs
• Caregiver reaction assessment (CRA) scale to measure perceived burden

Analysis

• Four regression models with three blocks of predictors for each CRA burden domain

Results

Mean perceived burden of carers

Predictors of burden
(includes proportion of variance explained from each block)

<table>
<thead>
<tr>
<th>Burden domain</th>
<th>Schedule burden</th>
<th>Financial burden</th>
<th>Health burden</th>
<th>Family support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient-health factors</td>
<td>17.1%* GHS*</td>
<td>21.7%* GHS*</td>
<td>13.5%* GHS*</td>
<td>18.10% Stoma**</td>
</tr>
<tr>
<td>Care-related activities</td>
<td>11.4%* Time costs***</td>
<td>9%* OOP costs*</td>
<td>7.2%* Time costs**</td>
<td>6%* Time costs**</td>
</tr>
<tr>
<td>Carer characteristics</td>
<td>4.50% Age**</td>
<td>6% Children* Comorbid**</td>
<td>11.4%* Comorbid**</td>
<td>5.60% Spouse of patient*</td>
</tr>
<tr>
<td>Total variance explained</td>
<td>33%***</td>
<td>37%***</td>
<td>32%***</td>
<td>30%***</td>
</tr>
</tbody>
</table>

*P < 0.05     **p < 0.01   ***p <0.001

Conclusions

Patient health key determinant of all aspects of carer burden.
• Perceived QOL (GHS) more important than objective disease course (e.g. stage)

Care-related activities adds to burden
• Time costs most important

Certain carers more at risk of experiencing certain aspects of burden

Implications

Results can help inform development of interventions to better support colorectal cancer caregivers and reduce burden of care

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