

# **Why Caregiving is a Growing Public Health Concern From a Physician's Perspective**

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# Framing the Discussion

- The Patient Caregiver - or Caregiver Patient ?
- Impact of Caregiving on a patients' overall health
- Impact of Caregiving stress on the physician -patient relationship
- Barriers to address these issues

# Framing the Discussion

- **The Patient Caregiver- or Caregiver Patient**
  - Who are they? What do they do ?
- Impact of caregiving on a patients' overall health
- Impact of caregiving on the physician – patient relationship
- Barriers to address these issues

# “The Patient-Caregiver”

- ~52 million informal and family caregivers provide care to someone aged 20+ who is ill or disabled - **underestimation**
- ~34 million adults involved in caregiving to persons aged 50 + - **underestimation**
- ~8.9 million informal caregivers provide care for someone aged 50+ with dementia - **underestimation**

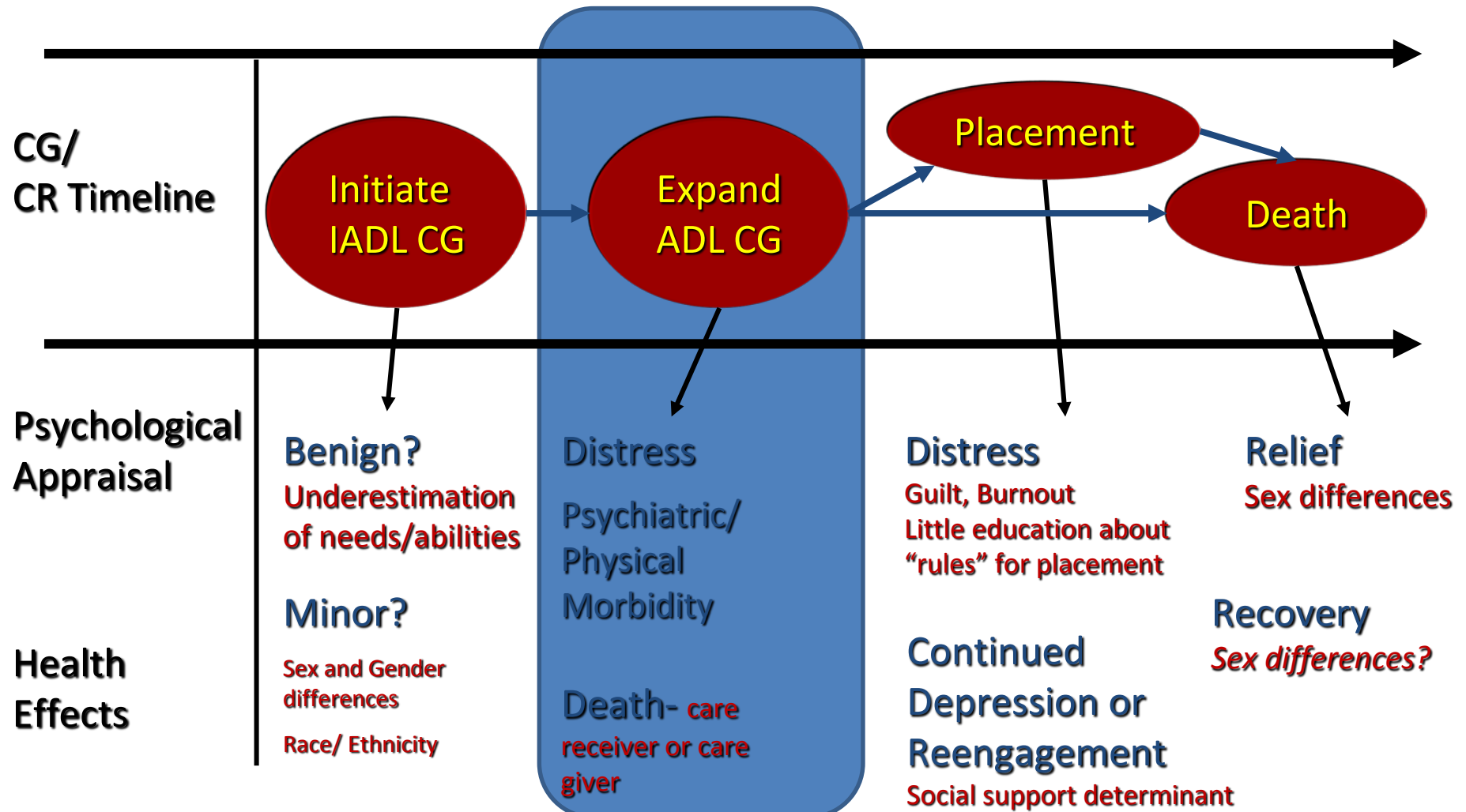
# Framing the Discussion

- The Patient Caregiver- or Caregiver Patient
- **Impact of caregiving on a patients' overall health**
  - Mental and physical health
- Impact of caregiving on the physician – patient relationship
- Barriers to address these issues

# What Physicians See in their Offices

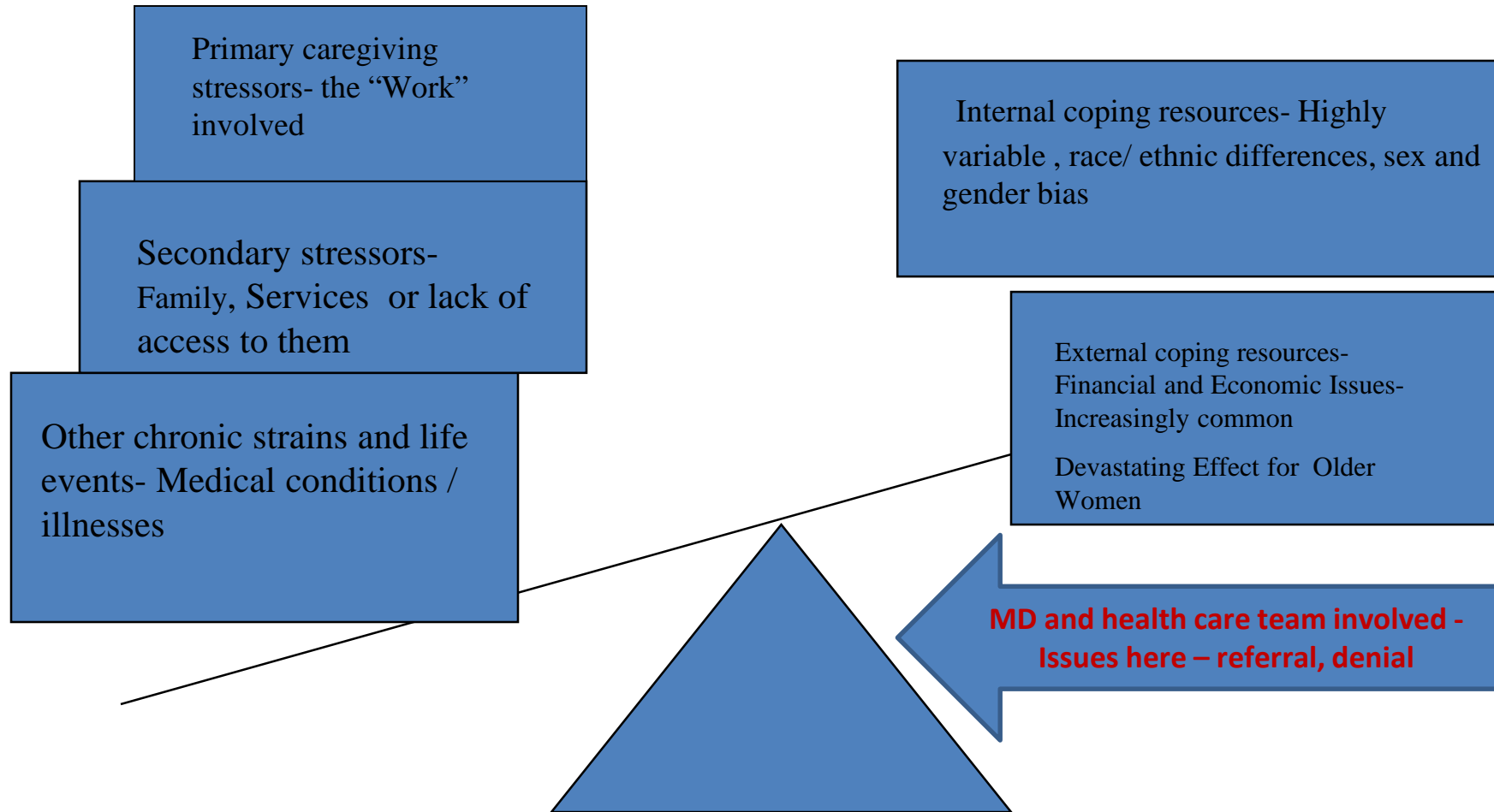
- Most family caregivers are women; spouses and daughters; “informal” (unpaid)
  - Caregiving is the great “equalizer” for women
  - Crosses all race/ ethnicities
- AD caregiving, at least 60 hours per week at home; at least 9 hours after placement
  - Becomes the second “career”
- Grandchildren providing care for older adults
  - more prevalent than reported in literature
- Differences with caregiving exist in many conditions
  - dementia, stroke, frailty
  - *No general training for how to provide care*

# Caregiving Chronic Stress Timeline



Modified from Schulz et al. , 2010

# Caregiving: **Not** about Balance, **All** about Management



Modified from Perkins et al., 2007



# Framing the Discussion

- The Patient Caregiver- or Caregiver Patient
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- **Impact of caregiving on the physician – patient relationship**
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# Need I say more?



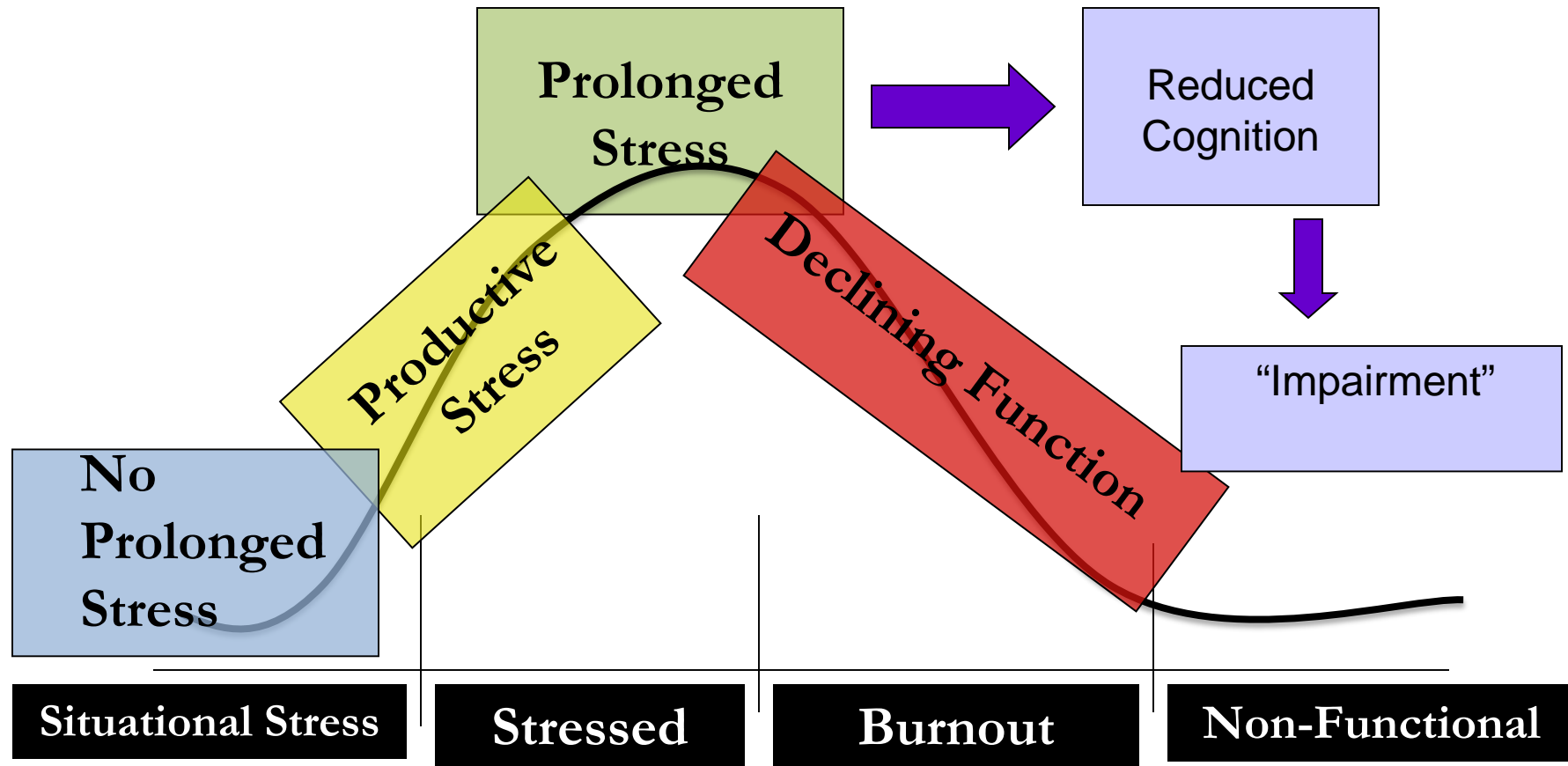
When was the last time you  
thought about the Health and  
Wellness of the Physicians who are  
treating the Patient Caregiver?

Stress, Burnout and Energy

# Startling Facts

- 30-60% MD have distress and burnout
- MDs suicide > other professions
- One physician per day
  - Women Physicians have HIGHEST Suicide Rate
  - Depression/bipolar & substance abuse = suicide risk

# Chronic Stress and Decreased Productivity with Physicians



# Power of Environment

- Practice environment major impact for physician health – major cause of stress
  - Environment was the only significant predictor of stress
  - Job stress predicts job satisfaction
  - Job satisfaction is positive predictor of positive mental health
  - Perceived stress was a stronger predictor of both poorer reports of physical and mental health
- **Together this - Impacts the physician patient relationship and care**

# Symptoms of Burnout

## 1. Chronic exhaustion

### 1. Impact on Physician – Patient Relationship

1. Poor listening ability to issues

## 2. Cynical and detached

### 1. Impact on Physician – Patient Relationship

1. Not asking or discussing caregiving needs with patient

2. Not reaching out to “find the services” for patient

## 3. Increasingly ineffective at work

### 1. Impact on Physician – Patient Relationship

1. Needs of patient and family not met

○ **Social services often asked for by Caregivers –**

- Support groups- Which ones? Where are they ?
- Meals on wheels- How to access this?
- Respite care – Who provides the best care in area?
- Home care seminars and workshops- Where to get this information?
- Home care agencies- Who does the practice use? What are the recommendations?
- Caregiving facilities- Which one does the practice recommend?

○ **Physician office not able to provide easily**

○ **Leads to more STRESS in the office Setting**





## Office and Built Environment is **not** equipped to assist Patient Caregiver with Social support entities

- **Referrals are not handed off in manageable way in office**
- Paperwork, no point of contact in any facility/ services
- Physician under the time constraint and billing issues for practice
  - Volume – High volume, fast paced
  - Billing – constant issue with practices
  - Administrative Documentation – biggest cause of stress