

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**

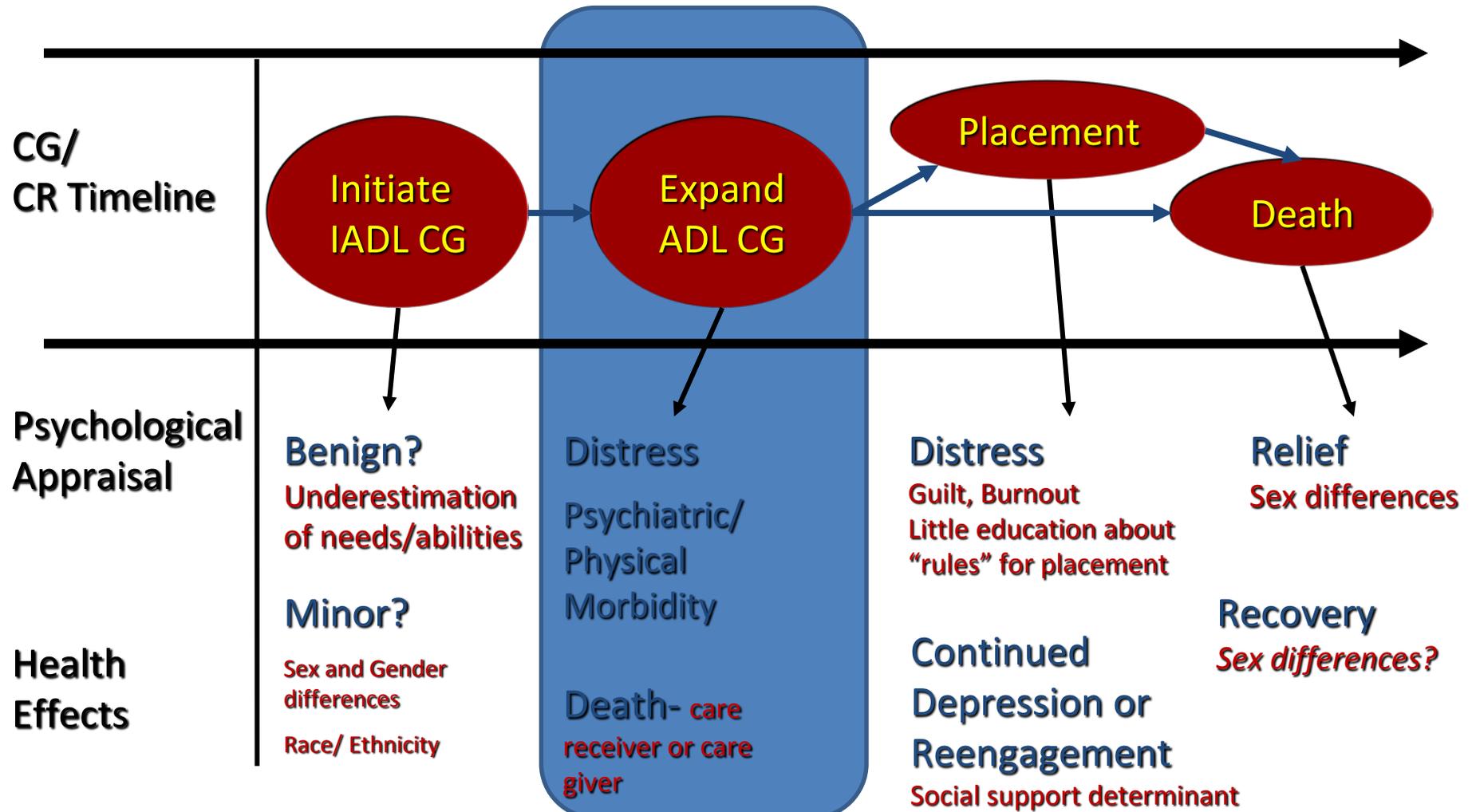
Framing the Discussion

- 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

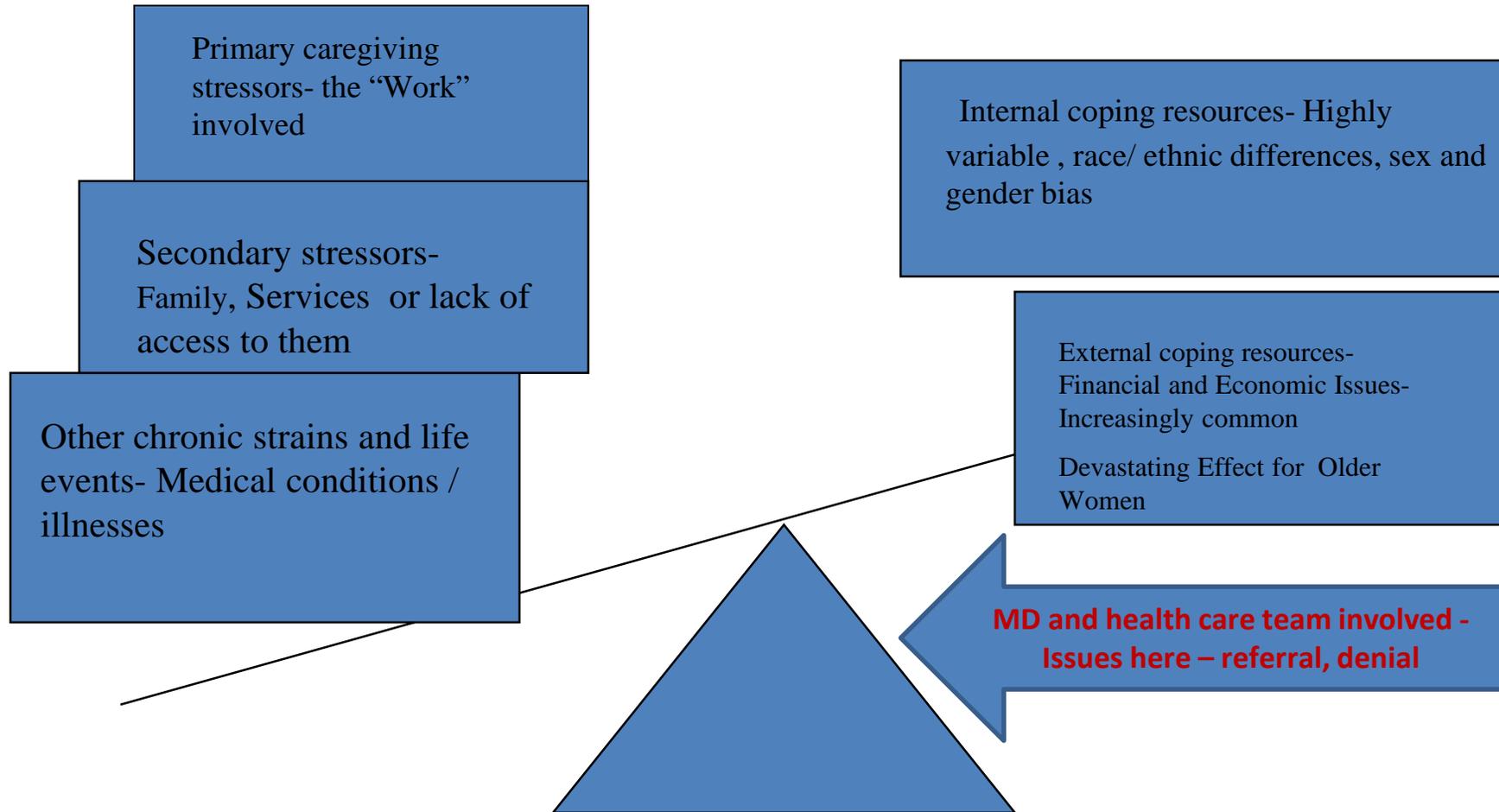
- Most family caregivers are women; spouses and daughters; “informal” (unpaid)
 - Caregiving is the great “equalizer” for women
 - Crosses all race/ ethnicities
- AD caregiving, at least 60 hours per week at home; at least 9 hours after placement
 - Becomes the second “career”
- Grandchildren providing 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
- Impact of caregiving on a patients' overall health
- **Impact of caregiving on the physician – patient relationship**
- Barriers to address these issues

Need I say more?



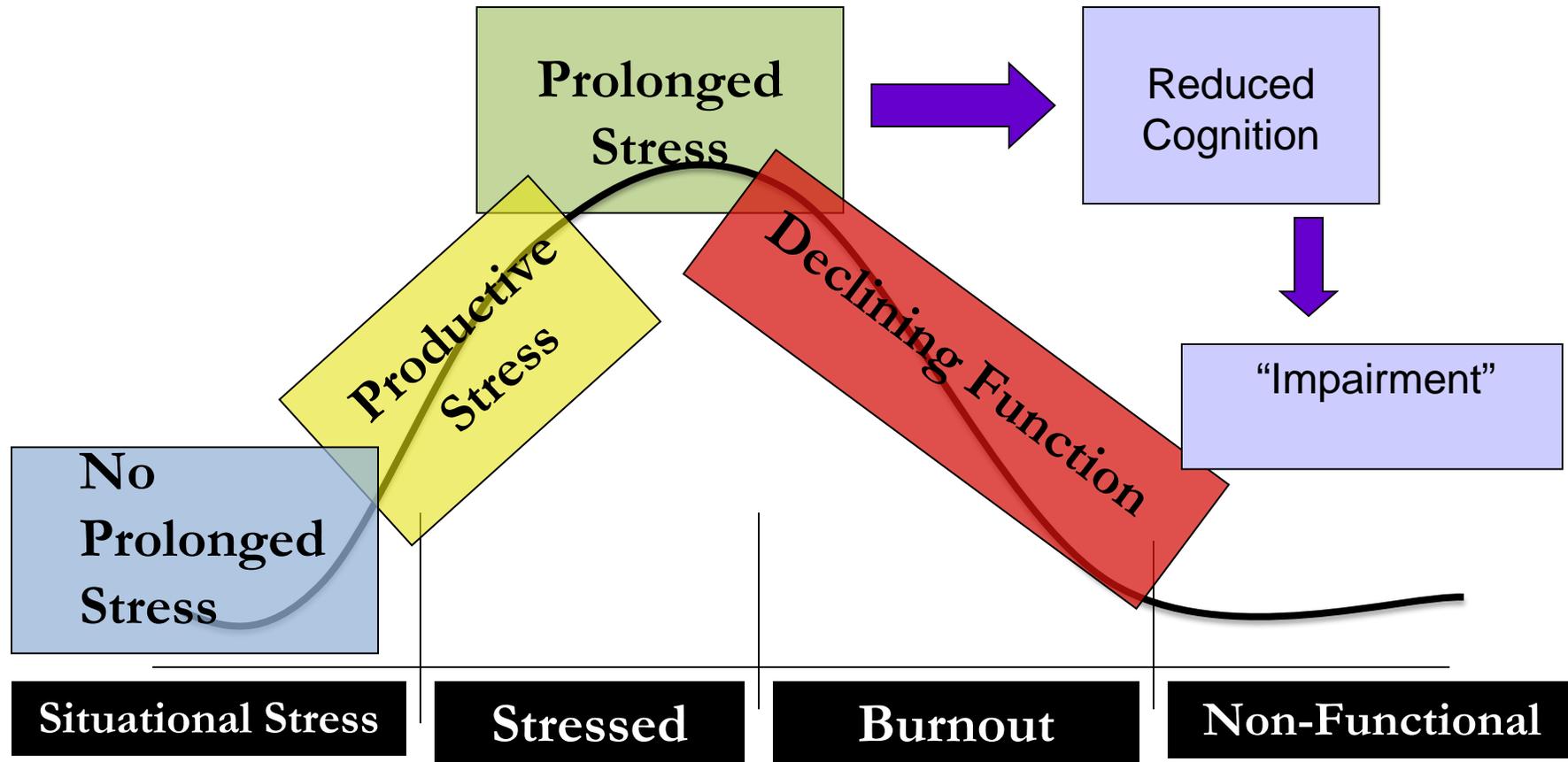
When was the last time you
thought about the Health and
Wellness of the Physicians who are
treating the Patient Caregiver?

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