

17th GLOBAL OPHTHALMOLOGY, GLAUCOMA AND OPTOMETRY CONFERENCE

November 02-04, 2017 Bangkok, Thailand

A study on caregivers of persons with visual disability: Factors affecting burden and depression

Shubhank Khare^{1,2}

¹University College of Medical Sciences, India

²Guru Teg Bahadur Hospital, India

Caregivers who assist persons with visual impairment often neglect their needs, resulting in burden and depression. Rehabilitation efforts, directed to the disabled, seldom target the caregiver. This cross-sectional study was carried out in the outpatient department of a tertiary-level teaching hospital to assess burden and depression in persons caring for blind individuals. Institutional Ethical Board approval was obtained and written informed consent too was obtained from the participants involved in this study. Persons with best-corrected vision <20/200 in the better eye and their primary caregivers, were recruited. We recorded demography, other illness/disability, household income, relationship with disabled person, and caregiver burden (Caregiver Burden Scale) and depression (Centre for Epidemiologic Studies Depression Scale). Statistical analysis was carried out using SPSS version-20 (Released 2011. Armonk, NY: IBM Corp.); range, average and standard deviation were determined for age, burden and depression. The association between burden and depression was determined using Pearson's correlation, the relationship between degree of disability and caregiver burden and depression was determined using unpaired t-test, using multiple linear regression, factors were found to be statistically significant; significance was taken at $P < 0.05$. 27 (53.0%) men and 24 (47.0%) women had visual impairment. Most caregivers ($n=40$; 81.6%) were first-degree relatives or a spouse; 32 (65%) had schooling <5 years and 29 (59%) were unemployed. Depression ranged from 21 to 52 (average 43.2 ± 5.71), it correlated with degree of disability ($P=0.012$), household income ($r=0.320$; $P=0.025$) and burden ($r=0.616$; $P<0.001$). Burden ranged from 30 to 73 (average 54.5 ± 6.73) and correlated with degree of disability ($P=0.006$). On multiple linear regression, burden predicted depression ($r=0.557$; $P<0.001$). Caregivers merit community support, financial benefit, interventions to diagnose and treat depression and training in coping. Centers that provide disability certification could offer counseling.

Biography

Shubhank Khare has his expertise in evaluation and passion in improving the health and wellbeing of patients and their caregivers. His study emphasizes that community-based support for the visually impaired individuals as well as for the caregivers should be a priority.

shubhank041586@gmail.com

Notes: