Burden and Coping Strategies among Jordanian Caregivers of Patients Undergoing Haemodialysis

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The purpose of this exploratory study was to examine, for caregivers of patients undergoing haemodialysis (n = 139) at three dialysis units in Jordan, the nature of the relationships between their personal characteristics, the burden they experience, and the coping strategies they use to deal with their burden-related symptoms. The Oberst Caregiving Burden Scale-Difficulty Subscale assessed caregiver burden and Ways of Coping Questionnaire Revised assessed coping strategies. Findings indicate that the Oberst Caregiving Burden scale was significantly related to self-controlling (r = .20) and seeking social support (r = .17). Caregiver burden was positively and significantly correlated with self-controlling coping subscale; with t = 1.10, p = 0.05, and beta = .25. Living with the patient was the only variable that was a significant predictor of burden, with t = 2.96, p = 0.00, and beta = .331. Living with patients predicted care giver burden and the burden scale correlated with self-controlling. Thus this study suggests multi-dimensional areas to target nursing interventions, which will strengthen both patient and caregiver knowledge to lead to better coping.

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