



AMERICAN NEPHROLOGY NURSES' ASSOCIATION

ANNA'S 46TH NATIONAL SYMPOSIUM

APRIL 19-22, 2015

DISNEY'S CORONADO SPRINGS RESORT, LAKE BUENA VISTA, FLORIDA

Burden and Coping Strategies among Jordanian Caregivers of Patients Undergoing Haemodialysis

Eman Khamis Alnazly, PhD, RN

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.

Abstract selected for presentation at ANNA's 46th National Symposium, Lake Buena Vista, FL, 2015