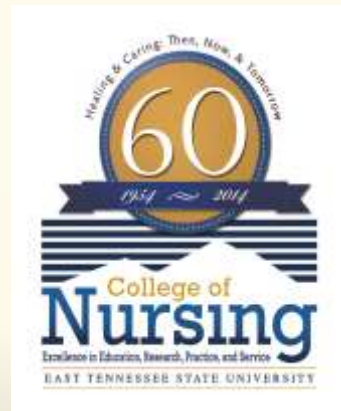# A Model of Health for Family Caregivers

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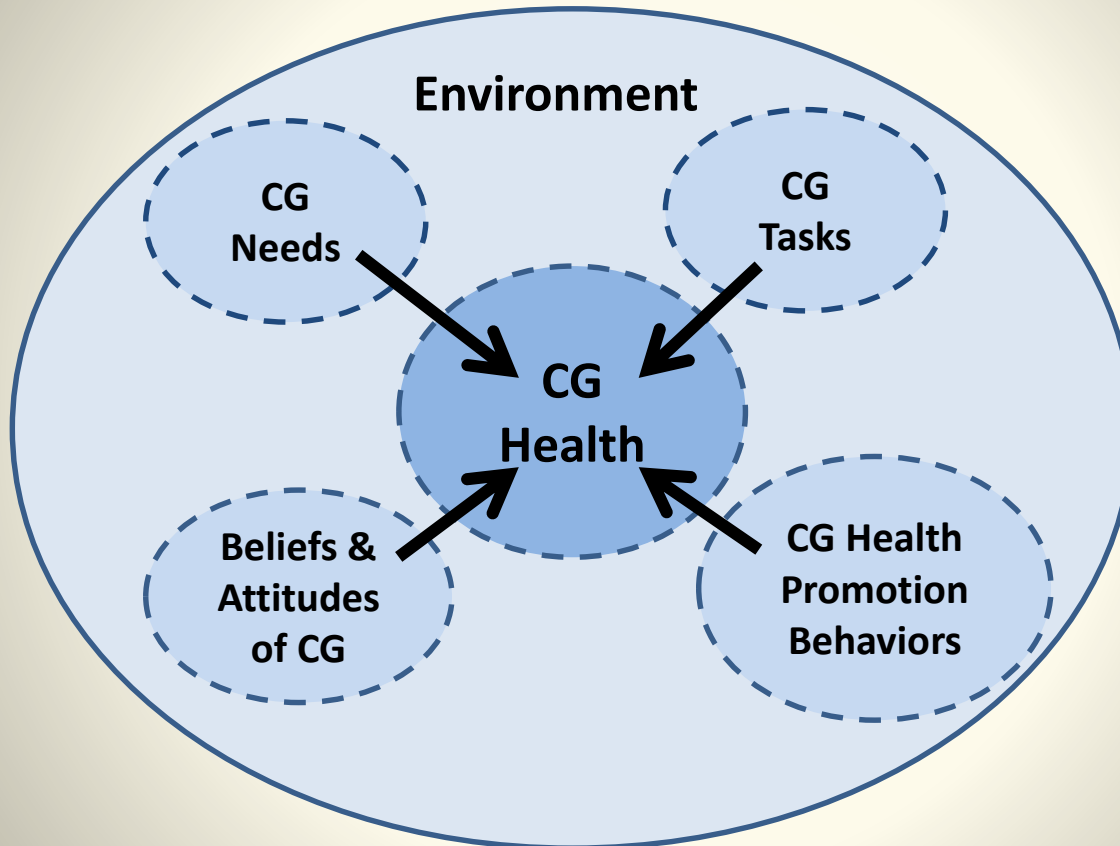**College of Nursing**

Health

- "a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity." World Health Organization (WHO) (1946)

Purpose

- The purpose of the study was to examine the caregiver health model CGHM

- The first aim was to identify which health determinant contributed to the caregiver health status.
- The second aim was to determine if there were changes in the Caregivers health status and what they were over 16 weeks.

Determinants of Health

- *Health Promotion:* **What does the caregiver do to stay healthy**

- *Attitudes and Beliefs:* **Why does the caregiver provide care for the care recipient**

- *Tasks:* **What does the caregiver do for the care recipient**

- *Needs:* **What does the caregiver need help with**

Instruments

- **Health: Promis Global Health Instrument**
- **Health Promotion: Walker's Health Promoting Lifestyle Profile II**
- **Attitudes and Beliefs: Kozloski's Caregivers' Beliefs and Attitudes**
- **Tasks: Oberst's Caregiving Burden Scale**
- **Needs: Hileman's Home Caregiving Needs Survey**

Procedure

- **Mail Survey**
  - Stamped self addressed return envelope
  - Separate color for each time point
- **Three time points**
  - Time 1: Consent
  - Time 2: 8 weeks
  - Time 3: 16 weeks

Recruitment & Retention

- **Recruitment**
  - **Word of mouth**
  - **Health Care & Elder Care Providers**
  - **Newspaper & Media**

- **Retention**

Number Enrolled	Time 1 Completed	Time 2 Completed from time 1	Time 3 Completed from time 2	completed 3 time periods	Completed study consent to time 3
90	75/90=83.3%	66/75=88%	62/66=93.9%	62/75=82.6%	62/90=68.8%

Participants

	Male n=11	Female n=64
Age	M=68 (24-86)	M=54 (38-77)
Number of hours of care provided per week	M=130 (30-168)	M=95 (3-168)
Number of Activities of Daily Living (ADL) provided	M=2.55 (0-5)	M=3 (0-5)
Number of Independent Activities of Daily Living (IADL) provided	M=6.55 (4-8)	M=9.48 (4-8)
Total number of ADL/IADL provided	M=9.09 (5-13)	m-9.48 (4-13)
Length of time caregiving	M=6 years (3 months-20 years)	M=5 years (2.5 months-30 years)
Number of Care recipients with medical diagnosis Alzheimers/Dementia	6 (54.5%)	30 (46.8%)
Number of caregivers with chronic health condition (DM, CVD, Respiratory or musculoskeletal problems)	5 (45.4%)	48 (75%)

Analysis: Regression

- Step-wise backwards elimination method
  - Each Time Point: time 1, time 2, time 3
  - Each Health Measure: physical, mental
  - 11 measures
- Generalized Linear Regression, generalized estimating equations
  - All time points
  - Each Health Measure: physical, mental
  - 12 measures (11 + time)

Model Measures by Determinant

Measure

- HPLP
- Affection
- Obligation
- Spirituality
- Value
- Demand
- Difficulty
- Energy
- Hope
- Rest
- Stress

Determinant

- Health Promotion
- Attitudes and Beliefs
- Tasks
- Needs

Predictors associated with Physical and Mental Health by Time

Item	Beta					
	Time 1		Time 2		Time 3	
	PH	MH	PH	MH	PH	MH
HPLP	-.793***	-.485***	-.554***	-.486**	-.518**	-.488**
Demand						.026
Difficulty				.012*		
Affection				-.043**		
Spirituality		-.072**	-.053*			
Energy			.011*		.016*	
Hope	.011**		.011*	.013**		
Rest		.019**		.013**		
Stress		.022***				.026***

significance <.100 *, < .05**, < .000***

Predictors associated with Physical Health in Longitudinal Analysis

| Parameter	Beta	95% Wald Confidence Interval		Sig.
		Lower	Upper	
(Intercept)	1.592	1.253	1.931	.000
[time=1 baseline]	-.132	-.199	-.064	.000***
[time=2 8 weeks]	.003	-.055	.060	.928
[time=3 16 weeks]	0[a]	.	.	.
HPLP	-.258	-.340	-.177	.000***
Demand	-.004	-.007	-.001	.008**
Difficulty	.003	.000	.006	.080*
affection	.006	-.003	.015	.167
obligation	-.007	-.015	.001	.069*
value	.006	-.003	.014	.169
spirituality	-.017	-.038	.004	.112
energy	.004	.002	.005	.000***
rest	-.002	-.005	.000	.061
hope	.003	7.946E-5	.005	.043**
stress	.002	-.001	.005	.117
(Scale)	.047			

Significance ,.100*, < .05**, < .000***

Predictors associated with Mental Health in Longitudinal Analysis

Parameter	B	95% Wald Confidence Interval		Sig.
		Lower	Upper	
(Intercept)	1.530	1.241	1.818	.000
[time=1 baseline]	-.120	-.174	-.066	.000***
[time=2 8 weeks]	-.015	-.058	.027	.487
[time=3 16 weeks]	0ª	.	.	.
HPLP	-.177	-.274	-.081	.000***
Demand	-.001	-.004	.003	.740
Difficulty	.003	.000	.007	.070*
affection	-.004	-.010	.002	.226
obligation	-.002	-.009	.005	.526
value	.003	-.004	.009	.441
spirituality	-.012	-.028	.005	.171
energy	.000	-.003	.002	.786
rest	.001	-.001	.003	.168
hope	.002	.000	.004	.019***
stress	.004	.002	.007	.000***
(Scale)	.035			

Significance ,.100*, < .05**, < .000***

Mental and Physical Health Change over Time
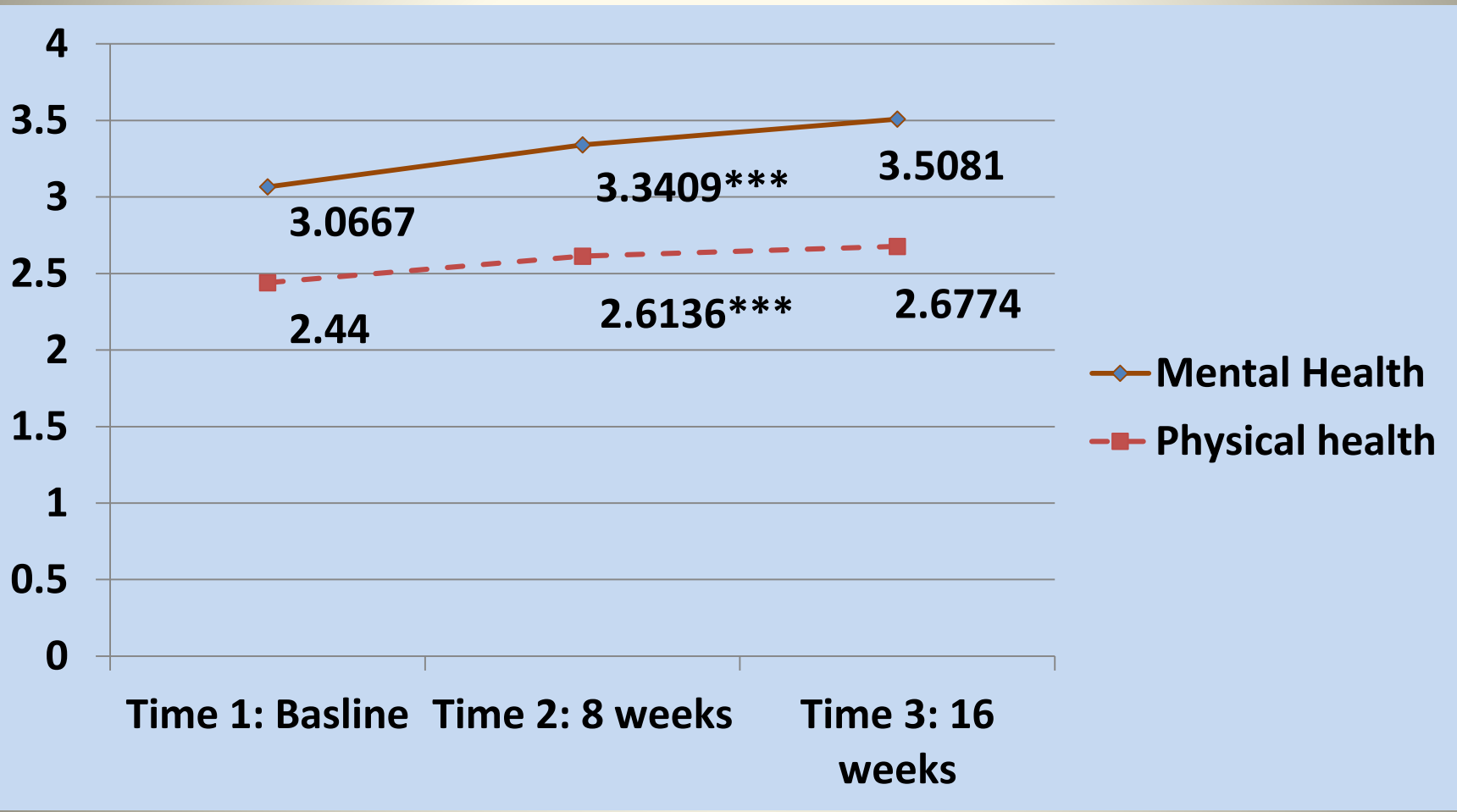
Significance ,.100*, < .05**, < .000***

Discussion

- **Mental and Physical Health Change at 8 weeks**

- **Health Promotion positive contribution**

- **Attitudes and Beliefs positive contribution**

- **Needs negative contribution**

- **Tasks negative contribution**

Practice Implications

- **Change in Health**

- **Recruiting Caregivers**

- **Holistic View of Health vs Disease**

- **Spiritual Contribution to health**

- **Health Promotion and health prevention**

Future Directions

- **Extending Caregiver Health Model**
  - **Non Family Caregivers - Certified Nursing Assistants**
- **Practice Implications**
  - **Attitudes and Beliefs:**
    - **Spirituality, affection, and obligation**
  - **Health Promotion**
    - **Identify specific health promotion measures**
- **Environment of Care**
  - **Geographic areas**
    - **Urban Areas**
    - **States**
    - **Regions**

Acknowledgements

- **American Nurses Foundation (ANF)**
- **ETSU:**
  - Research Development Committee
  - College of Nursing, Center for Nursing Research
- **Caregivers**
- **First Tennessee Area Agency on Aging & Disability**
- **University of Nebraska Medical Center, College of Nursing**