



Analysis for caregiver burden of stoma care using the Zarit Burden Interview method

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Objective

Ostomy is usually managed by a patient with help of his/her family as caregivers. A caregiver has varying levels of caregiverburden to sustain the patients. In the present study, the caregiverburden of caregiver was assessed to clarify how it occurred.

Methods

The Zarit Burden Interview (ZBI) is the most widely used index for estimation of caregiverburden in Europe and North America. In Japan, ZBI is modified to a Japanese version (J-ZBI), and commonly used for the same purpose. In total, 408 caregivers of ostomy patients were enrolled in the study, and the questionnaire was conducted based on J-ZBI. Valid responses were obtained from 101 (24.8%) caregivers.

Results (Figure 1)

48% of caregivers complained of burdens.

Main factors causing complaint were

- (1) physical condition of caregiver,
- (2) independence of patient,
- (3) degree of intervention for stoma care,
- (4) a guilt feeling in troubled case, and
- (5) types of ostomy.

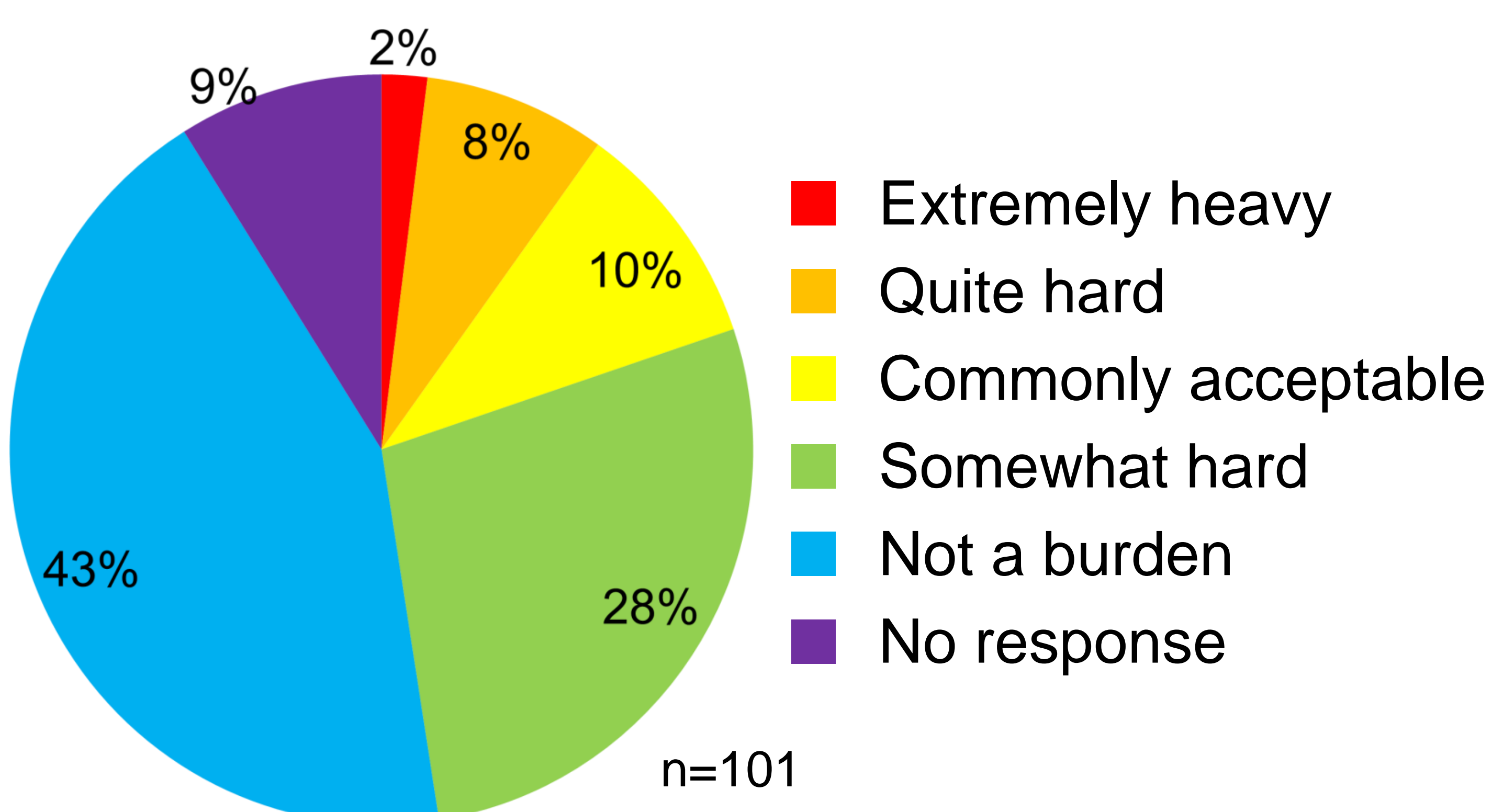


Figure 1. Levels of caregiver burdens

Types of stoma equipment



One piece type
ALCARE Co., Ltd., Japan

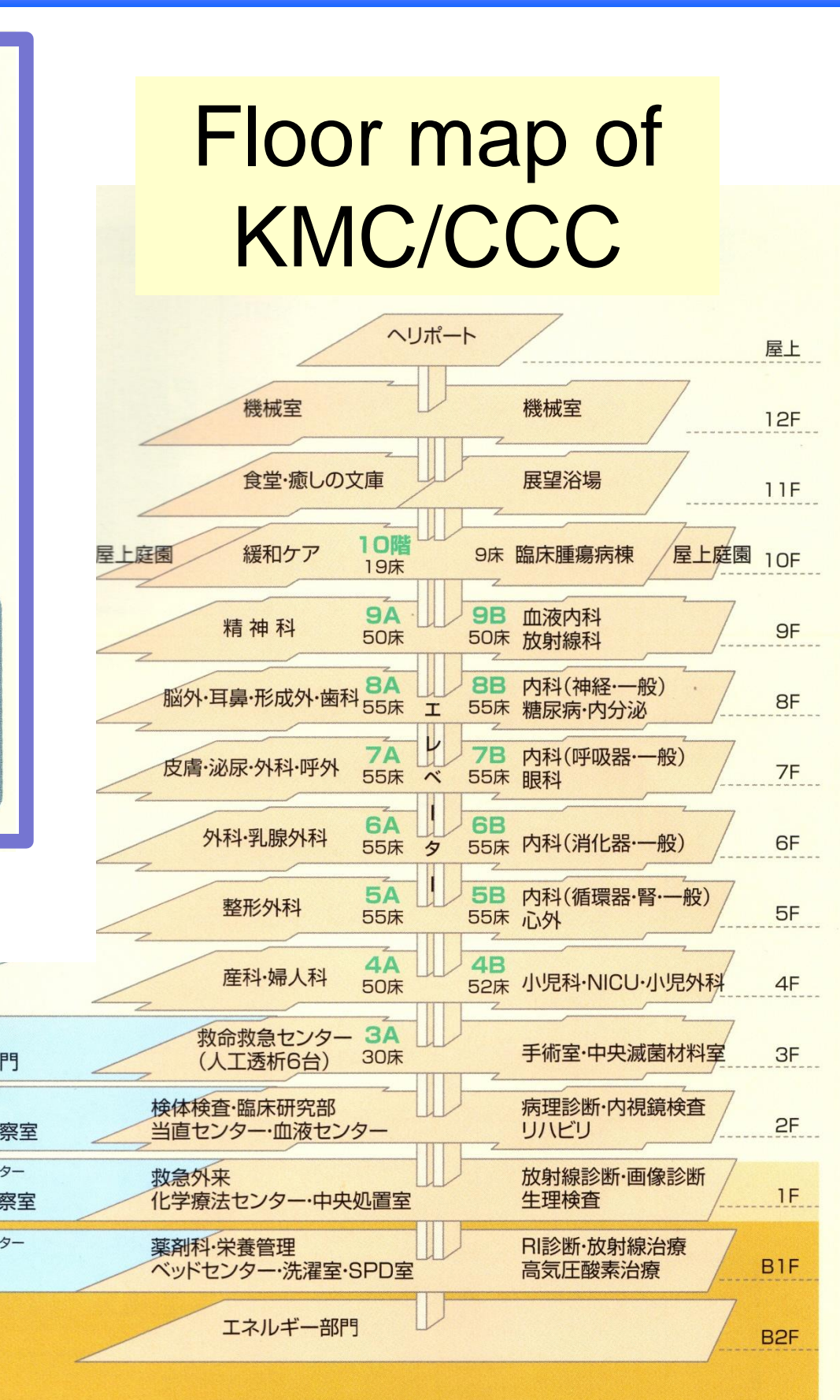
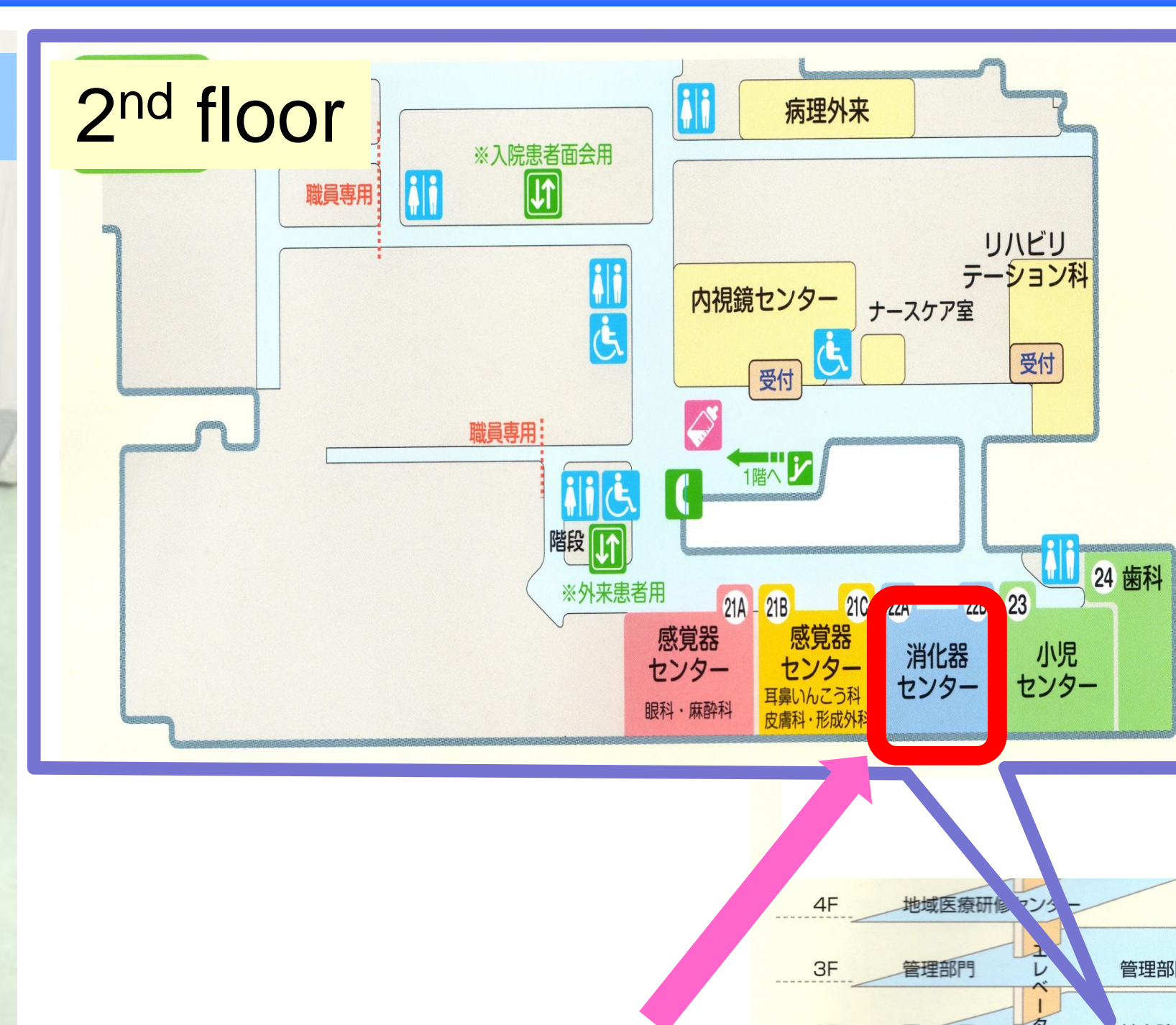


Two piece type
ConvaTec, Inc., USA

Reattachment of pouch



Consultation for ostomy patients



Consultation for ostomy patients is on every Thursday afternoon. The place is on the second floor of outpatient wing.



Staff of
General Surgery 6A Ward



Staff of
Ostomy Consultation