

Prevalence of Burden in Caregivers of Mexican Patients with Dementia in Urban and Rural Areas

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INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
Background: Caregiver burden is defined as a state of physical, emotional, and mental exhaustion in the caregiver, caused by the demands and responsibilities of assisting a person with a disability. This condition impacts the quality of care provided, and its consequences can extend beyond the caregiving stage. The objective of this study is to estimate the prevalence of the burden associated with the care of patients with dementia and its association with the sociodemographic characteristics of caregivers and the clinical characteristics of patients with dementia.	This secondary analysis was conducted on a sample of 464 caregivers of patients with dementia, representing a subset of the total 2,458 individuals evaluated who were aged 65 years or older. Participants were identified through a door-to-door census conducted between 2017 and 2019 in low or middle-income areas.	The mean age of caregivers was 56.1±14.4 years, and 74.0% were women (p=0.924). Caregiver education was higher in the urban area (UA) than in the rural area (RA) (p<0.001). Patient education was lower in the RA (p=0.002), and comorbidities were more frequent in the UA (p=0.002). The prevalence of burden was 40.1%: 42.1% in the UA and 32.7% in the RA (p=0.511). In the multivariate analysis of caregiver burden prevalence, the prevalence ratios (PR) were higher among employed caregivers (PR=2.62; 95% confidence interval [CI] 1.09-6.31) and in the presence of psychological symptoms in caregivers (PR=2.94; 95% CI 2.19-3.95).	With respect to the prevalence of caregiver burden, the observed frequency aligns with that reported in clinical samples. The present study found no discrepancy in the burden experienced between urban and rural areas. However, an association was identified between the caregiver's occupation and the number of psychological symptoms.	Zarit SH, Reever KE, Bach-Peterson J. Relatives of the impaired elderly: correlates of feelings of burden. Alzheimer's Disease International. World Alzheimer Report. Prince M, Wimo A, Guerchet M, et al. World Alzheimer Report. Sosa-Ortiz AL, Acosta-Castillo GI, Prince MJ. Epidemiology of dementia in Latin America. TABLE SCAN ME  ALZHEIMER'S ASSOCIATION AAIC>26