

Caregiver burden, quality of life and distress among informal caregivers of patients with head and neck cancer: A longitudinal study

K.S. van Hof¹, A. Hoesseini¹, M. C. Dorr¹, A. Sewnaik¹, R.J. Baatenburg de Jong¹, M.P.J. Offerman¹
Net-Qubic Consortium
¹ Department of Otorhinolaryngology, Erasmus Medical Center, The Netherlands
k.vanhof@erasmusmc.nl

BACKGROUND

The key source of support for Head and Neck Cancer (HNC) patients are informal caregivers, often partners.

OBJECTIVE

1.

The psychosocial consequences of HNC on informal caregivers
2.

The relationship between distress and QoL of informal caregivers and patients.

METHODS

- The NETHERlands QQuality of life and Blomedical Cohort (NET-QUBIC)
- 253 informal caregivers and patients
- Baseline, 3, 6, 12 en 24 after treatment

Questionnaires:

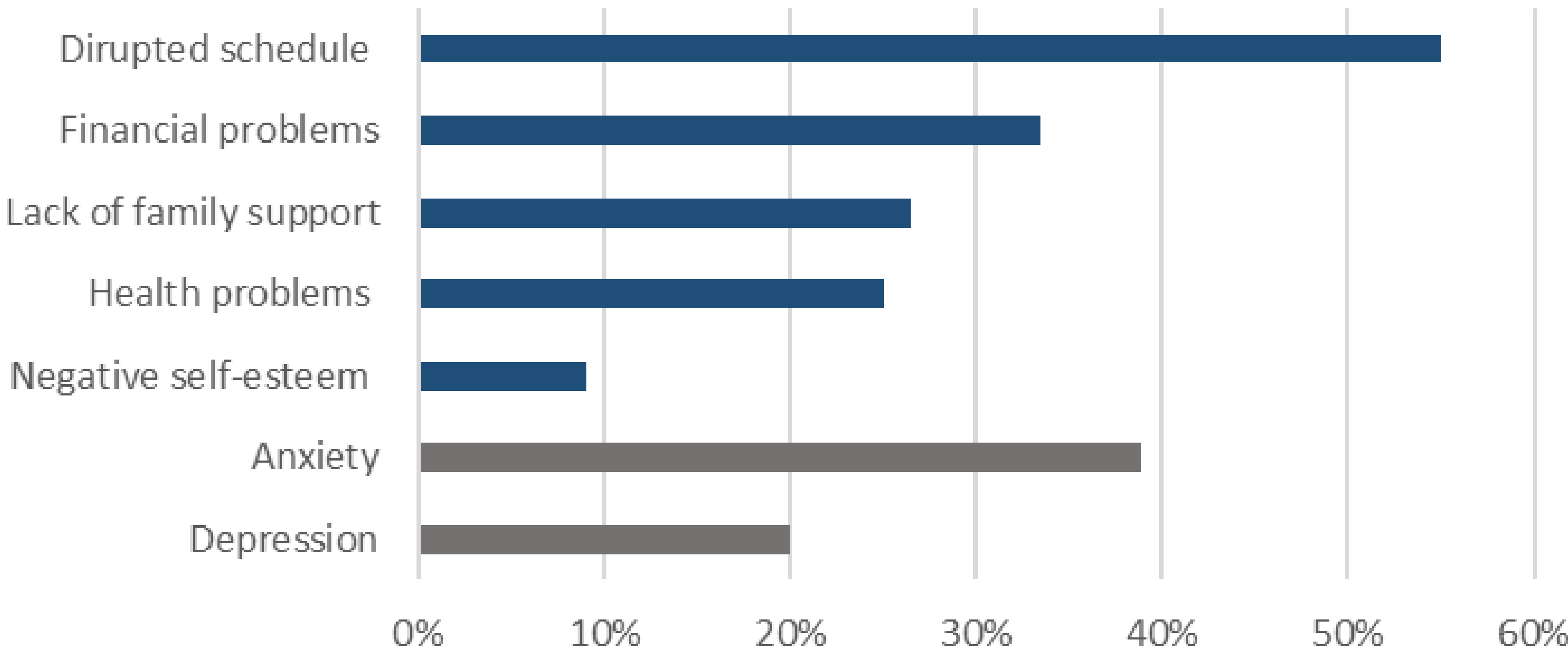
- Caregiver reaction assessment (CRA)
- EORTC-QLQ-C30: global QoL, physical functioning and social functioning.
- Hospital Anxiety and Depression Scale (HADS)

Statistical analysis:

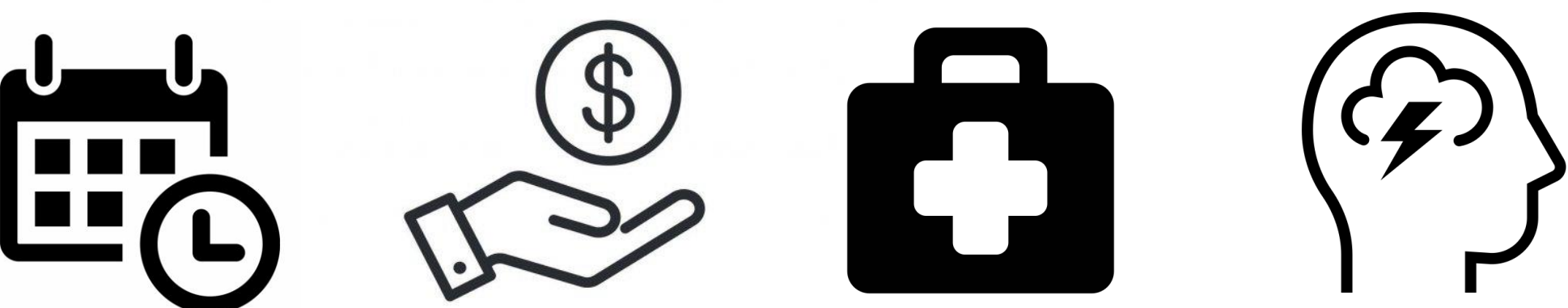
- Linear mixed model and cumulative logit mixed model for repeated multilevel data.

RESULTS

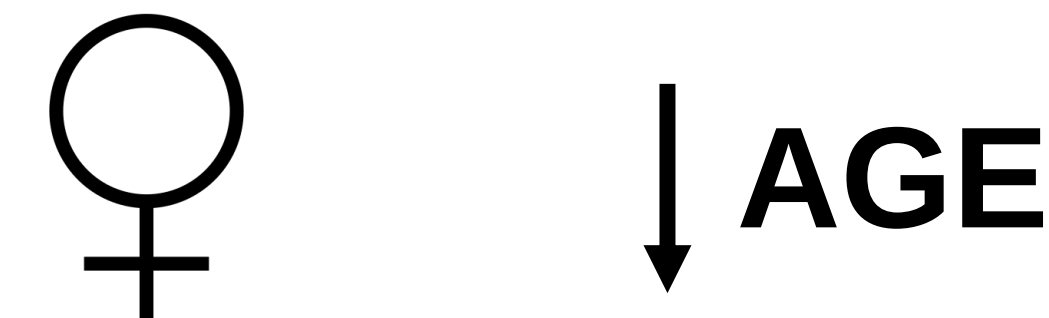
Figure 1. percentage caregivers with significant relevant reactions/symptoms



Significant reduction over time in:



Predictors caregiver burden:



Self-esteem, family support and QoL remained stable

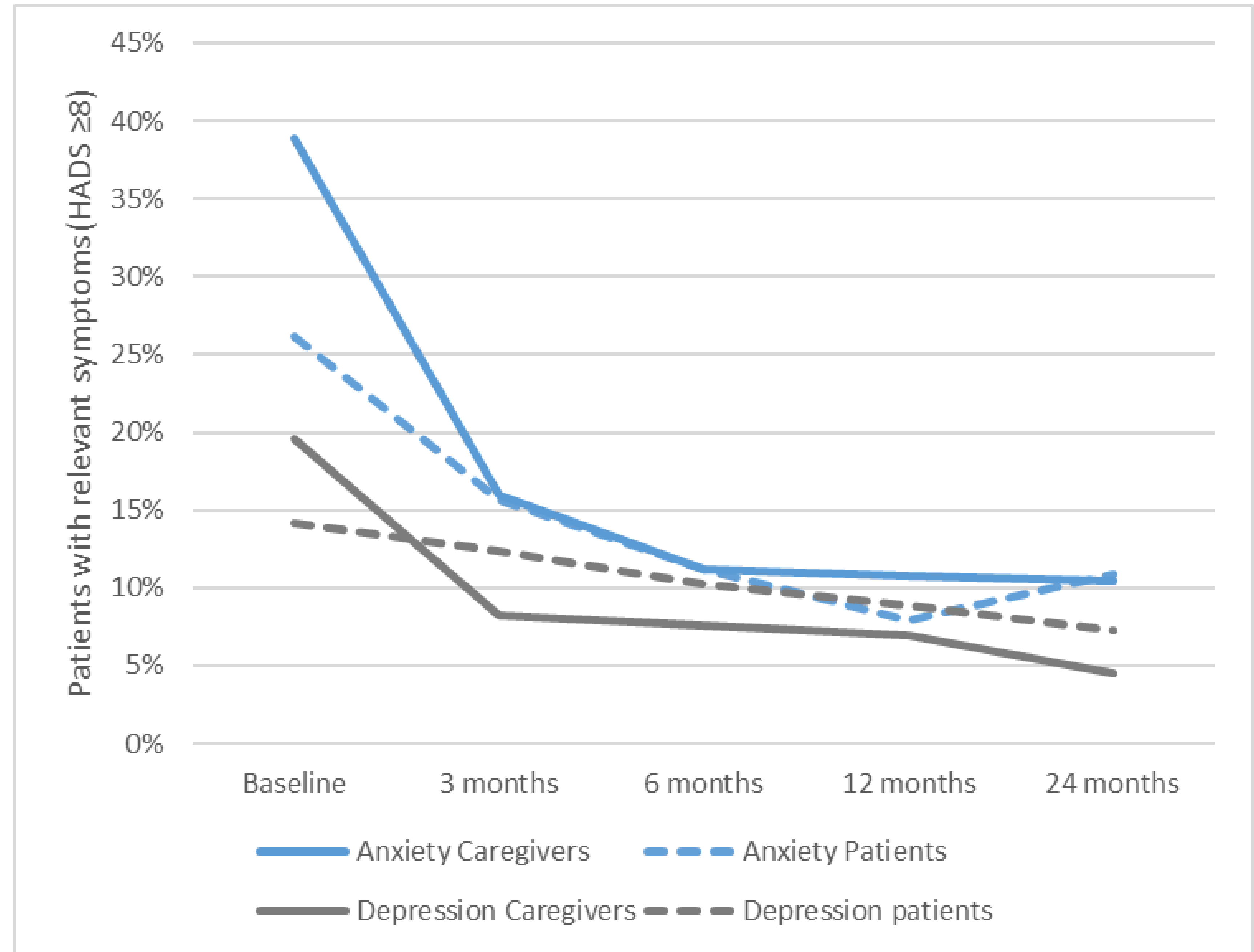
CONCLUSION

1.

Informal caregivers have a high caregiver burden and reduced psychosocial functioning, especially the first 6 months
2.

Psychosocial functioning of caregiver and patient are interrelated

Figure 2. percentage of informal caregivers and patients with relevant anxiety or depression scores (HADS ≥8)



Effect reduced functioning caregiver on patient

Depression caregiver → ↓QoL, ↑Anxiety, ↑ Depression

IMPACT CLINICAL PRACTICE

Early assessment and involvement of informal caregivers in information and psychological support is advocated