

The Impact of Glaucoma on Caregiver's Quality of Life and Mental Health- A Cross-sectional study

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Who is a Caregiver?

- A parent, partner or relative
- Maintains frequent contact with the patient
- Provides significant financial support to the patient
- Most often accompanies patient during hospital visits and is aware of seriousness of the disease
- Is the person to be contacted in case of emergency (*Perlick et al*)

Caregiver Burden

The extent to which caregivers perceive that caregiving has had an adverse effect on their emotional, social, financial, physical, and spiritual functioning

Inclusion Criteria

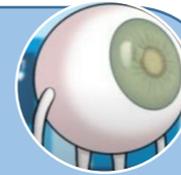
- Patient of any age
- Diagnosis
 - Primary congenital glaucoma
 - Adult onset glaucoma on medication since atleast 1 year
- Caregiver fulfils criteria as defined by *Perlick et al*
- No other comorbidities
- Willing to participate

Exclusion Criteria

- Patients with suspicious diagnosis of glaucoma
- Caregiver not staying with the patient
- Suffering from chronic mental or physical disorder
- Not willing to participate

Scales used to assess Caregiver Burden

CarCGQoL



- Gothwal et al
- 20 item
- Used to assess caregiver burden in primary caregivers of patients with PCG as well as adult glaucoma patients
- Score calculated using Rasch analysis, Continuous
- Higher Scores: Better QoL / Lower Burden

Zarit Burden Interview



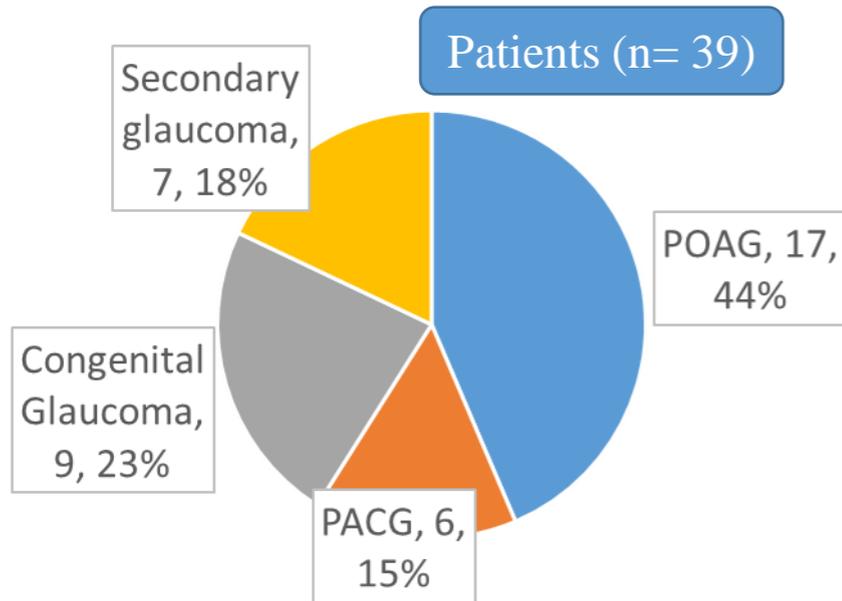
- Zarit et al
- 12 item short version
- Grading ranges from never (0) to always (4)
- Item-wise scores summated
- Maximum score 48
- Higher scores - higher burden, Worse QoL
- Score > 17 : High Burden

PHQ-9

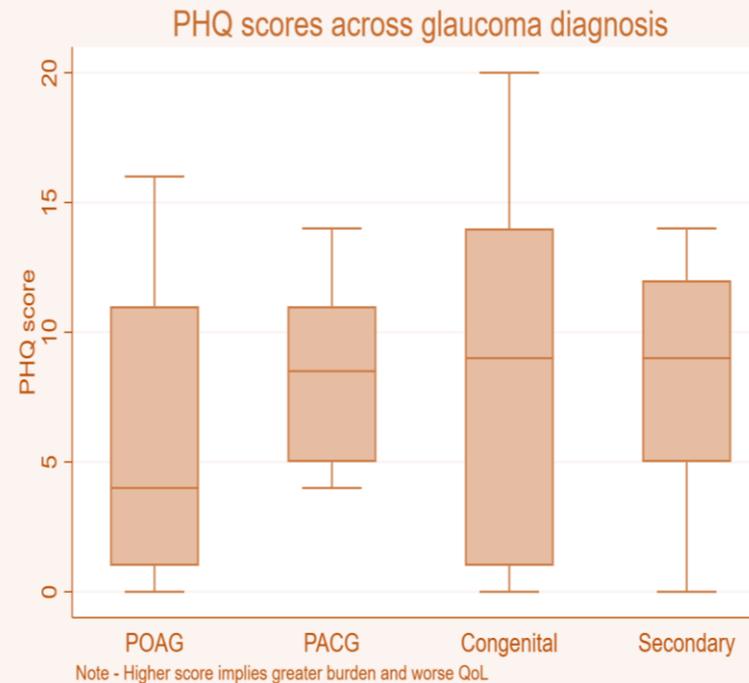
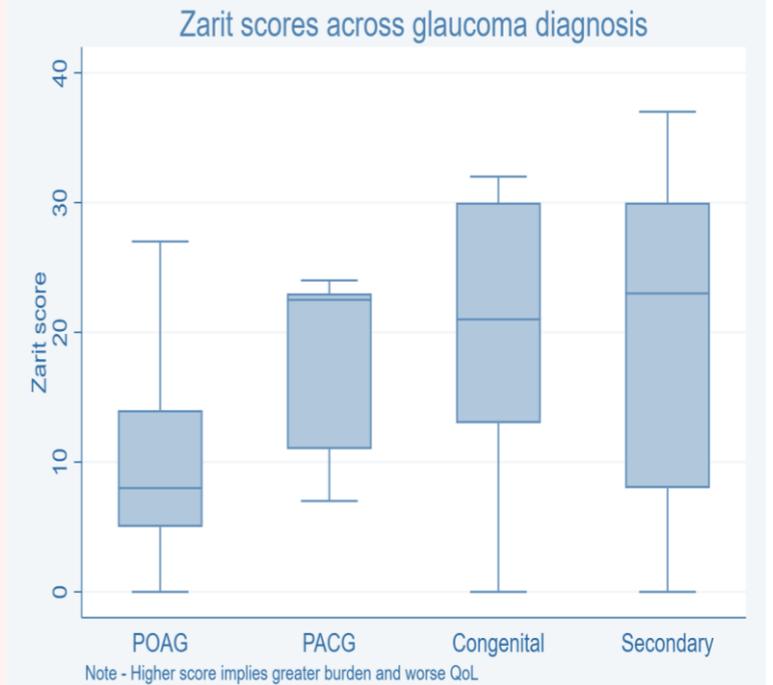
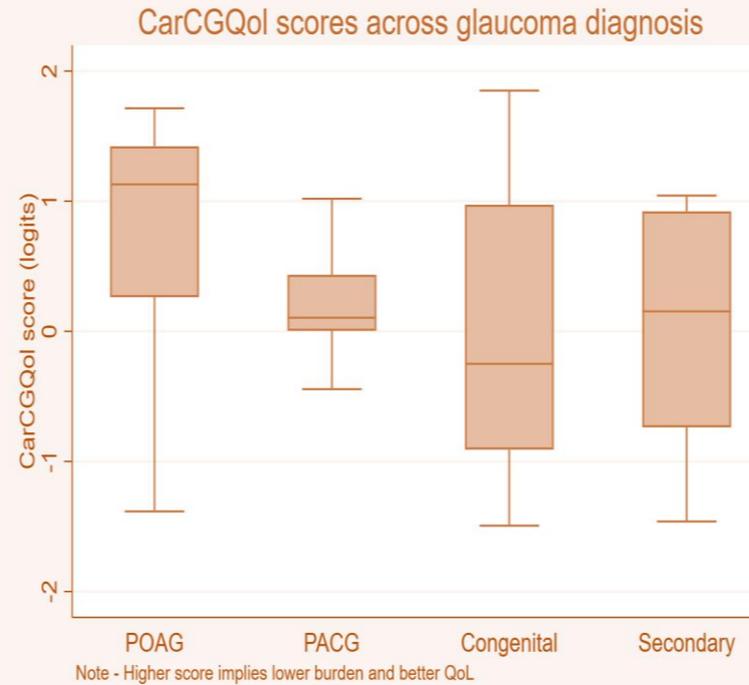
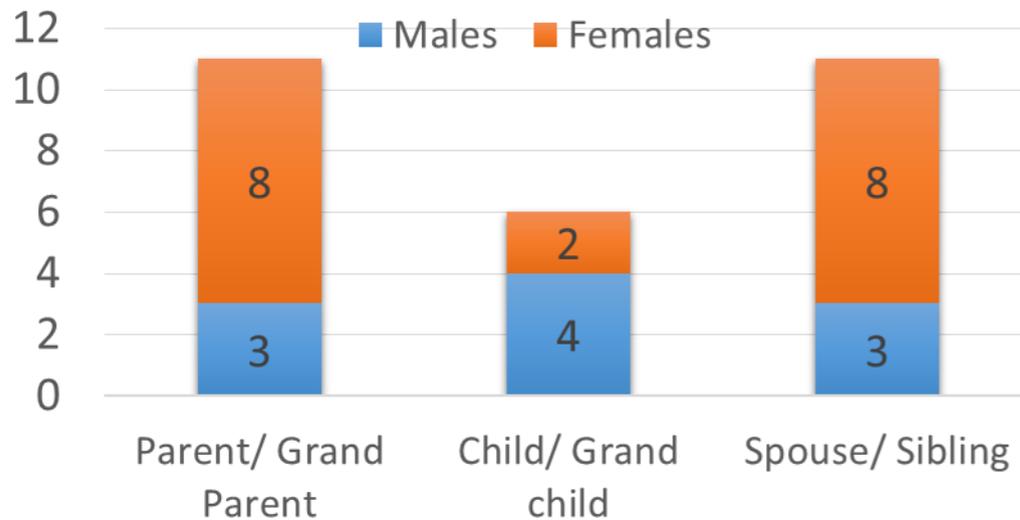


- Based on DSM- IV criteria
- Screens for depressive disorder
- High scores: increased likelihood of depression
- Classifies respondent as (a) Minimal, (b) Mild (c) Moderate, (d) Moderately Severe, (e) Severe depression

Participant Characteristics



Gender and Relation of Caregivers(n=39) with patient



Overall Median Rasch related CarCGQol score was 0.434 logits (IQR:- -0.4 to 1.2)

18 (46.2%) the caregivers had high Zarit burden (score > 17)

14 (36%) Caregivers had Moderate to Severe depression

Type of glaucoma and Caregiver Burden

Patient Diagnosis		CarCGQoL	Zarit	PHQ
POAG		Ref.	Ref.	Ref.
PACG	β coefficient	-0.57	7.27	3.03
	p - value	0.22	0.12	0.26
Congenital Glaucoma	β - coefficient	-0.76	8.72	3.20
	p - value	0.06	0.04*	0.17
Secondary Glaucoma	β - coefficient	-0.81	9.37	2.67
	p - value	0.07	0.04*	0.29

Significantly higher Caregiver Burden was seen amongst patients with congenital glaucoma and secondary glaucoma

Conclusion

