

Family caregiver burden in a home hospital versus traditional hospital: A secondary analysis of a randomized controlled trial

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Abstract

Background:

Knowledge of the impact on family caregivers within home hospital (HH) remains understudied. We aimed to identify the burden attributable to caregiving at home compared to the hospital.

Methods:

We performed a retrospective analysis of prospective data collected from a randomized controlled trial. Participants were randomized to either HH or traditional hospitalization. On admission and discharge, family caregivers completed the Zarit Burden Interview-12 (ZBI-12). Statistical analysis of HH and control groups required non-parametric statistical testing with Wilcoxon signed rank and Mann-Whitney; Fisher's exact test was used to analyze caregiver demographics between groups.

Results:

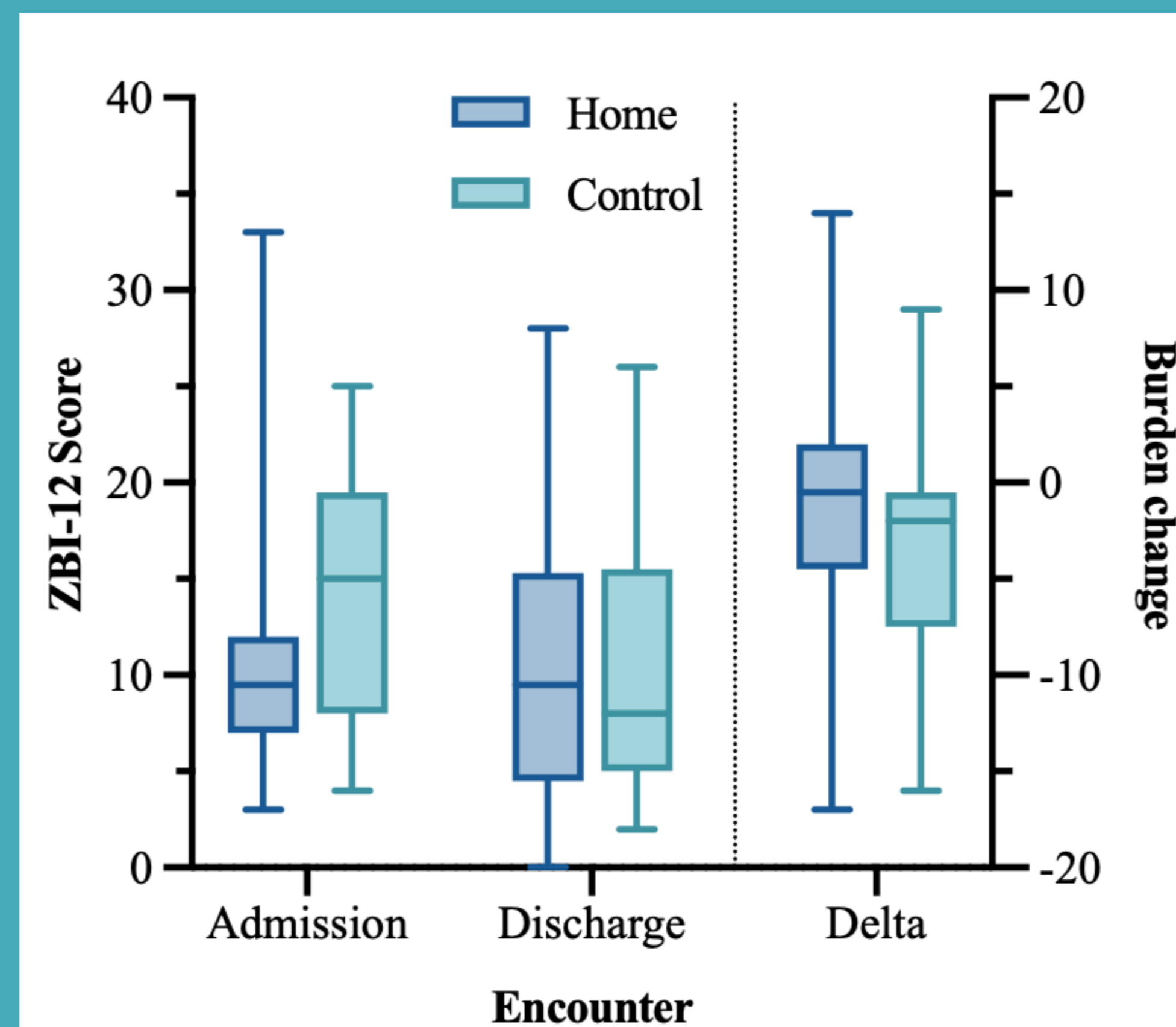
Overall, 91 patients were enrolled; 42 (46.2%) had a caregiver, of which 33 had complete data. Caregivers were 73% female, 72% children of the patient, and 67% resided with the patient, without demographic differences between groups. Caregivers in HH (n=22) had a median ZBI-12 of 9.5 (IQR=4.75) on admission and 9.5 (IQR=10.75) on discharge compared to the control group (n=11) with a median of 15.0 (IQR=11.5) on admission and 8.0 (IQR=10.5) on discharge (difference, -0.5 vs -2.0; p=0.33). Additionally, there was no significant change in burden within the HH (-0.5, p=0.25) or control (-2.0, p=0.088) groups. Analysis of caregiver covariates revealed no significant difference in burden associated with relation, sex, residence with patient, proxy designation, or next of kin status.

Conclusions:

Caregiver burden is mild-to-moderate upon admission and discharge in both the HH and control groups, with no significant change in burden between both groups. Our study is reassuring against a large difference in caregiver burden effected by HH participation. These findings suggest that HH programs are a viable alternative for acutely ill patients with caregivers.

Key Findings

- There is *no significant difference* in caregiver burden between home hospital and traditional hospital.
- No caregiver covariates were associated with difference in burden.

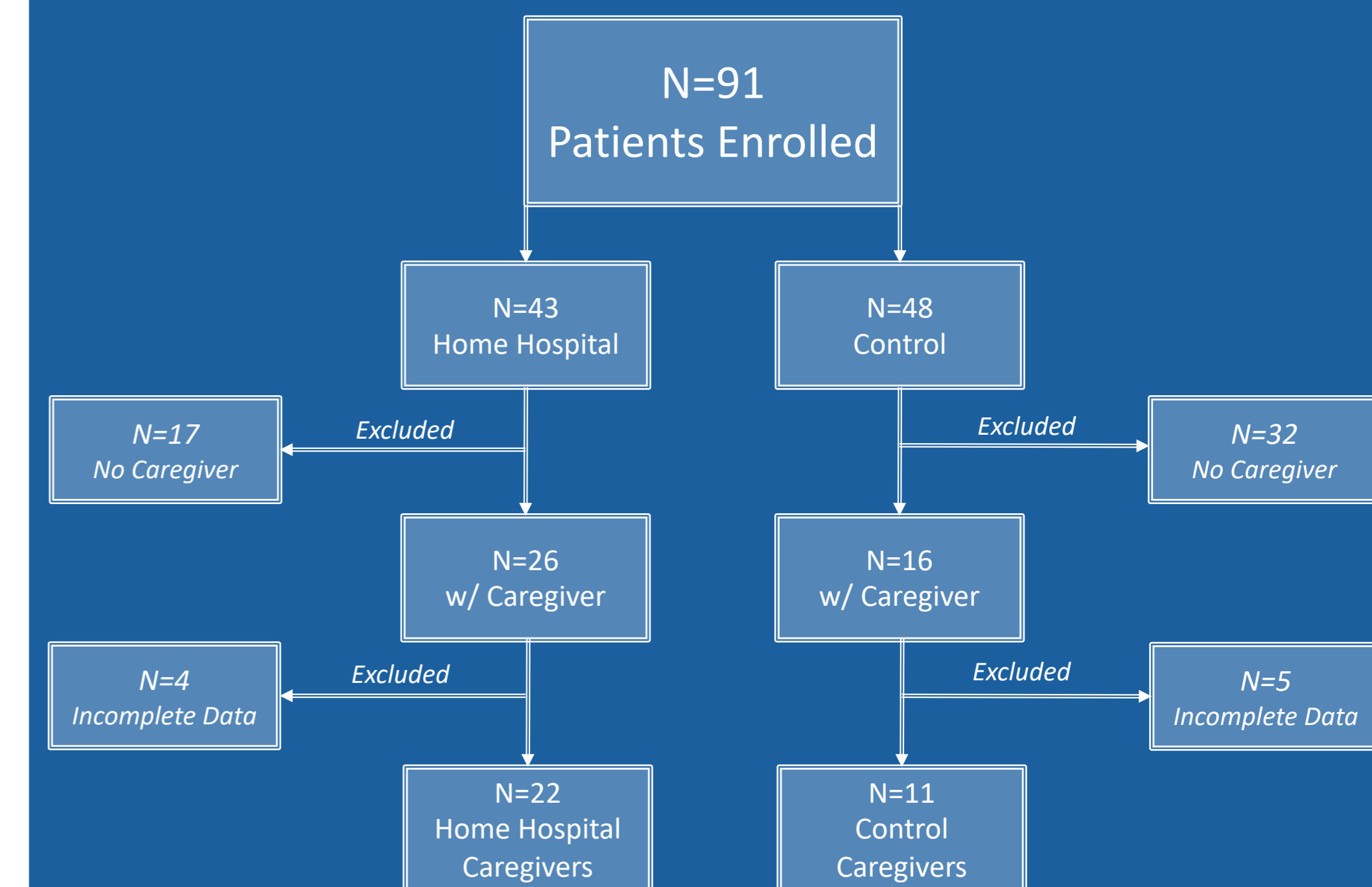


Graph depicts median ZBI-12 scores, with boxes and whiskers representing the IQR and range, respectively.

Zarit Burden Interview-12: 0-48

Score Range	Home (n=22)	Control (n=11)
0-10 None/mild	12 (54.5)	10 (90.9)
11-20 Mild-moderate	3 (13.6)	0 (0.0)
>20 High	7 (31.8)	1 (9.1)

Figures/Tables



Caregivers	Home (n=22)	Control (n=11)
Sex, n (%)		
Male	7 (31.8)	2 (18.2)
Female	15 (68.2)	9 (81.8)
Relation, n (%)		
Spouse	3 (13.6)	1 (9.1)
Child	13 (59.1)	10 (90.9)
Grandchild	3 (13.6)	0 (0.0)
Sibling	2 (9.1)	0 (0.0)
Employee	1 (4.5)	0 (0.0)
Resides with patient, n (%)	12 (54.5)	10 (90.9)
Designated healthcare proxy, n (%)	16 (72.7)	10 (90.9)
Next of kin, n (%)	19 (86.4)	11 (100)