



SAINT SOPHIE'S

PSYCHIATRIC CENTER



SAINT SOPHIE'S
PSYCHIATRIC CENTER

PRESENTING TO

Caregiver Burnout

Aminata Kamara, DNP-FNP





Objectives

1. Identify the importance of focusing on Caregiver Burnout.
2. Discuss risk factors/Signs for Caregiver Burnout.
3. Discuss Healthcare provider's/Caregiver role in managing Burnout



Identify the importance of focusing on Caregiver Burnout

- Caregiver burnout occurs as a result of the constant focus of fulfilling other's needs while neglecting one's own needs and this leads to mental, emotional, and physical exhaustion.
- All of us here to some extent are caregivers
- Caregiver's have one of the highest level of stress.
- Caregiver burnout has a trickle-down effect.



Discuss some risk factors for Caregiver Burnout

- Any caregiver especially those caring for patients or family members with complex or multiple issues with mental/physical illness.
- Normalizing chronic stress while limiting self-care
- Lack of awareness of caregiver burnout
- Mentality of “I can do it all”



Signs of Caregiver Burnout

- A short fuse/emotional outburst (can be directed to friends, family, or individual being cared for).
- Sleeping problems
- Significant weight change (loss or gain)



Cont.

- Physical illness (frequent cold, elevated BP, Pains, fatigue, digestive issues)
- Substance abuse/recreational drug use
- Self-isolate



Questions that can foster dialogue in assessing Caregiver Burnout

- What is it like for you to have others depend on you?
- Do you have concerns about others burdening you? How do these affect you?
- What are some things that are important to you, are you still able to do those things?
- What have you had to give up?



Cont.

- What are your concerns about controlling patients' symptoms?
- Do you feel you have been able to express your concerns and are they being address?
- What kinds of situations do you worry about that might be overwhelming for you?



Discuss Healthcare provider's role in managing Burnout

- Be cognizant of your risk for caregiver burnout
- Always assess signs of caregiver burnout in your patient and family members
- Be aware of suppressed or repress feelings.
- Know your “breaking point” and avoid it.



Healthcare provider's role

- . Foster a supportive clinician-patient relationship
- . Recognize unhealthy coping skills (self isolate, substance use)
- . Identify and address other contributing factors that may impact the patient's overall mental health (financial, emotional, physical, and spiritual stressors).



Cont.

- . Learn to utilize other healthcare team members for support
- . Be aware that burnout can foster ineffective care and diminishes the providers' compassion.
- . Avoiding normalizing chronic stress and limited self-care



Strategies for Caregivers

- . Acquiring better coping skill and managing stress through:
 - Set realistic goals
 - Seeking professional help and support (therapist, psychiatrist, PCP)
 - Utilize your local resources including support groups



Cont.

- Talk to your employer
- Listen to your body/self-care
- Find healthy outlet (diary, eat healthy, good sleep, exercises, hobbies, meditation, vacation, set boundaries, and support groups)
- SAY NO



Resources

- Caregiver Assistance and Support Groups
 - AARP (1-888) 687-2277
 - Family Caregiver Alliance (1-800) 445-8106
 - Caregiver.com (954) 893-0550
 - Caregiver Action Network (202) 454-3970
 - Rosalynn Carter Institute for Caregiving (229) 928-1234
 - Well Spouse Association (1-800) 838-0879



References

- Up-to-date: Psychosocial issues in advance illness retrieved 3/4 h/20 from https://www.uptodate.com/contents/psychosocial-issues-in-advanced-illness?search=caregiver%20stress&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1
- A Caregiver's Guide to Coping with Stress and Burnout. Retrieved from: <https://www.caring.com/caregivers/burnout/>
- Ybema . J.F., Kuijer . R. G., Hagedoorn .M., and Buunk G. P., (2002). Caregiver burnout among intimate partners of patients with a severe illness: An equity perspective
- 14 Life-Changing Tips to Relieve Caregiver Stress (2018). Retrieved from: https://www.caringbridge.org/resources/techniques-to-relieve-caregiver-stress/?gclid=aw.ds&gclid=EAIaIQobChMIiIWiQNyO7AIVEb7ACh0MGggHEAAYASAAEgIpEfD_BwE
- Recognizing Caregiver Burnout. Retrieved from: <https://www.webmd.com/healthy-aging/caregiver-recognizing-burnout#1>
- Image retrieved from: https://www.google.com/search?q=caregiver+burnout&source=lnms&tbn=isch&sa=X&ved=2ahUKEwjOx5io3I7sAhWEBS0KHfJCBkQ_AUoAnoECBwQBA&biw=1096&bih=746#imgrc=3dxbh_gJgh_9TM

