



QUICK VIEW for
**CAREGIVER STRAIN
AND BURDEN**



This quick view provides very brief information from the ONS PEP resources. Full ONS PEP information for this topic and description of the categories of evidence are located at <http://www.ons.org/Research/PEP/Topics> and Eaton, L.H., & Tipton, J.M. (Eds.), (2009), *Putting evidence into practice: Improving oncology patient outcomes*, Pittsburgh, PA: Oncology Nursing Society. **Users should refer to these resources for full dosages, references, and other essential information about the evidence.**

Definition and incidence: *Caregiver strain* is the perception or feeling of difficulty with duties and responsibilities associated with the caregiver role. *Caregiver burden* is the alterations in caregivers' emotional and physical health that can occur when care demands outweigh available resources. Many individuals with cancer require care from an informal caregiver at some point in their disease process. Informal caregivers include both family members and others who are not related in the traditional sense to the person with cancer.

Evidence-Based Interventions for Caregiver Strain and Burden

RECOMMENDED FOR PRACTICE

- Cognitive behavioral interventions

LIKELY TO BE EFFECTIVE

- Psychoeducational interventions
- Psychotherapy interventions
- Supportive interventions
- Multicomponent interventions

EFFECTIVENESS NOT ESTABLISHED

- Discussing psychosocial issues
- Identifying available resources and discussing coordination of services
- Massage
- Respite/adult day care
- Teaching caregiver self-care
- Teaching pain management
- Teaching symptom management

EFFECTIVENESS UNLIKELY

- Interventions directed at improving care recipient competence

Literature search completed as of **May 2008**.