

Exploring Influence of Spiritual Well-being on Care-giver Burden in Head and Neck Malignancy – A cross-sectional study

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Background

- Taking care of a patient of head and neck malignancy entails enormous physical, emotional, cognitive, and moral challenges.
- Spiritual well-being (SWB) has been shown to positively influence attitudes and approaches towards disease; enhance compliance and mitigate burden of multidimensional matrix of illness.
- Caregivers frequently turn to spiritual practices such as prayer, offering, meditation, etc., to enhance their inner strength and coping abilities.
- **Assessment of caregiver burden (CGB) would remain incomplete without considering spiritual wellbeing.**

Aim

To assess caregiver burden and spiritual wellbeing in caregivers of patients suffering from head and neck malignancies and identify the relationship between the two.

Method

Cross sectional study (n= 60, convenient sampling) carried out at the department of Otorhinolaryngology and Head and Neck surgery, Shree Krishna Hospital, Bhaikaka University, Karamsad, Gujarat, India. Paid caregivers, minors, caregivers not living with the patient were excluded from the study. Ethics committee approval: IEC/BU/2023/Ex.21/117/2023

Study Tools

1. Zarit Burden Interview: Assessing caregiver burden
2. Spiritual Wellbeing Assessment Scale: It is a non-sectarian tool designed to capture two meaning/implications of spiritual well-being, viz., (a) their relationship with God, or (b) their sense of satisfaction with life or purpose in life. (Gujarati translation prepared and validated)

Results

1. Caregiver burden scores: Mean: 35.30 (SD 11.25)

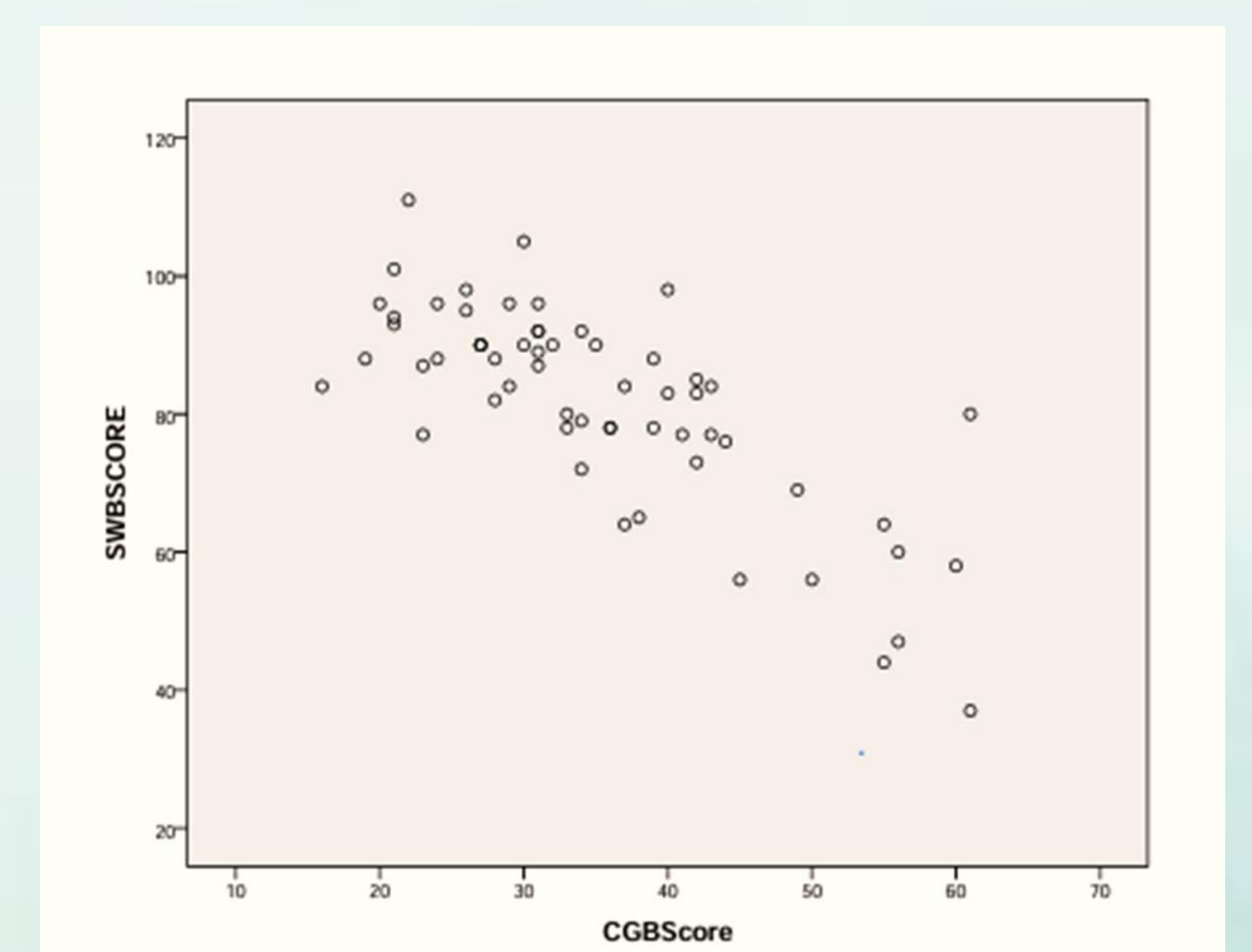
Variable	Characteristics	Number
Age of the caregiver	Mean (Min, Max)	44.3 (21,72)
Gender	Male	37
	Female	23
Locality	Rural	36
	Urban	24
Type of family	Nuclear	14
	Joint	46
Time since diagnosis (Months)	Mean (SD)	7.34 (8.069)

2. Spiritual wellbeing score: Mean: 81.70, (SD 14.84)

3. Correlation between higher spiritual wellbeing and lower caregiver burden score. (R value: -0.769)

Spiritual Wellbeing Score	Number of Participants (%)
Low	01 (1.7%)
Moderate	56 (93.3%)
High	03 (5%)

Caregiver Burden	Number of Participants (%)
No Burden	3 (5%)
Mild	40 (66.7%)
Moderate	15 (25%)
Severe	2 (3.3%)



- R value -0.769
- R² value 0.591



		CGB Score	SWB Score
Pearson correlation	CGB Score	1.000	-0.769
	Age	-0.033	-0.026
	Family type	0.141	-0.101
	Time since diagnosis	-0.208	0.164
	SWB score	-0.769	1.000

Conclusion

1. Higher spiritual wellbeing seems to be independently leading to lower caregiver burden in caregivers of patients with head and neck malignancies
2. Moderate to high spiritual wellbeing was observed in ninety five percent caregivers regardless of their educational, social, and family backgrounds.