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## Background

Colorectal cancer cases increasing  
→ Greater dependence on **informal carers**

Caring impacts carer's:  

- Physical health
- Well-being
- General quality of life



**What factors place colorectal cancer carers most at risk of experiencing burden?**

### Study objectives

To investigate role of

- Patient **health**
- Care-related **activities**
- Carer **characteristics**



in predicting four aspects of burden

## Methodology

**Participants:** 228 colorectal cancer survivors & 153 carers in Ireland responded to survey

Patient questionnaire included measures of:

- Objective health** (e.g. cancer stage)
- Quality of life** (EORTC QLQ30)

Carer questionnaire included measures of:

- Sociodemographic factors**
- Care-related costs**
- Caregiver reaction assessment (CRA)** scale to measure perceived burden

### Analysis

- Four regression models with three blocks of predictors for each CRA burden domain

### Block one

### Block two

### Block three

#### Patient health factors

- Stage of cancer
- Presence of stoma
- Undergone surgery
- Undergone chemotherapy
- Undergone radiography
- Global health status (GHS)

#### Care-related activities

- Time devoted to caring per week
- Out of pocket (OOP) costs per week
- Income change since diagnosis

#### Carer characteristics

- Age
- Gender
- Has children
- Relationship to patient
- Comorbid condition

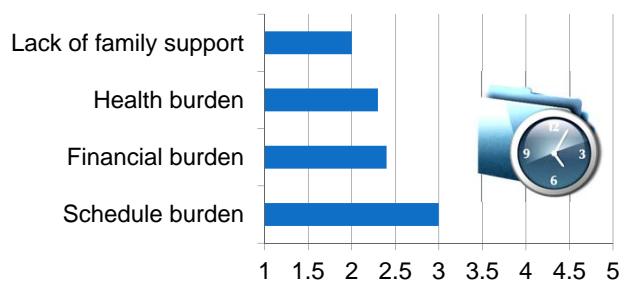
### Implications

Results can help inform development of **interventions** to better support colorectal cancer caregivers and reduce burden of care



## Results

### Mean perceived burden of carers



### Predictors of burden

(includes proportion of variance explained from each block)

Burden domain	Schedule burden	Financial burden	Health burden	Family support
<b>Patient-health factors</b>	17.1%* GHS* Stoma*	21.7%* GHS*	13.5%* GHS*	18.10% Stoma** Chemo**
<b>Care-related activities</b>	11.4%* Time costs***	9%* OOP costs*	7.2%* Time costs**	6%* Time costs**
<b>Carer characteristics</b>	4.50%	6% Age**	11.4%* Children* Comorbid**	5.60% Spouse of patient*
Total variance explained	33%***	37%***	32%***	30%***

\* P &lt; 0.05   \*\* p &lt; 0.01   \*\*\* p &lt;0.001

## Conclusions

**Patient health** key determinant of all aspects of carer burden.

- Perceived QOL** (GHS) more important than objective disease course (e.g. stage)

**Care-related activities** adds to burden

- Time costs** most important

Certain carers more **at risk** of experiencing certain aspects of burden