Caregiver burden of oncological patients assisted by a ward for palliative care

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Abstract
Introduction: The oncology patient faces several challenges and doubts about his illness, receive the first impact with his own news, confronted with a swirl of psychological, emotional and spiritual situations. Objective: To describe the burden that caregivers of oncological patients admitted to the palliative care ward are subject. Method: A descriptive cross-sectional study with caregivers of patients admitted to the palliative care ward of the hospital reference. For data collection was used demographic questionnaire and the Zarit scale and analyzed via Excel version 2010. Approved by the ethics committee in research in Human Beings with CAAE: 38453714.4.0000.5201. Results: The analyzes of the data was found that yielded a result of 40% in a light overhead compared to the intense overhead was 33.33% and a moderate overload 26.66%. Conclusion: a low rate of overhead caregivers was found, showing that the help of health professionals with carers and kinship caregivers with family members helped to reduce this overhead.

Keywords: Palliative Care; Zarit overload range; Caregivers.

Introduction
For many years, the cure for cancer was something unquestionably and without any kind of prognosis good, however, with the development of new technologies coming from several studies, the prospect of cure has increased, however need scientifically in the early diagnosis and progress in therapeutic success. The oncology patient faces several challenges and doubts about his illness, receive the first impact with his own news, confronted with a swirl of psychological, emotional and spiritual situations, so that these various events make them increasingly vulnerable and dependent on care involving the empathy of a multidisciplinary team equipped to deal with the death and the family support. According to the World Health Organization (OMS), 2002, palliative care aims to improve the quality of life of patients and their families facing a life-threatening illness, through the prevention and relief of suffering, of early identification, assessment and treatment of pain and other physical symptoms, psychological, social and spiritual. Ganhando featured in a new perspective to deal with the effects of cancer.1 Based on emotional and physical support that ensure the reduction of aggressive cancer effects in both the patient and their family, with approach integrates psychological aspects, social, spiritual and bereavement support.

Objective
To describe the burden that caregivers of patients admitted to the palliative care ward are subject

Material and Methods
This study assumes a descriptive cross-sectional nature. Was held at the referral hospital in Recife-PE, in which this House contains an infirmary with 14 beds, during the period of January to June 2015. 2015. Caregivers of patients were selected in cancer palliative care. Main caregivers are those aged 18 years or more, providing patient care with more than two months, at least 4 hours a day and at least three times a week and who agreed to participate in the research. 30 participants were selected that fell in the inclusion criteria and agreed to participate in the research. 30 participants were selected that fell in the inclusion criteria and agreed to participate in the research. 30 participants were selected that fell in the inclusion criteria and agreed to participate in the research. Participants interviewed by the responsible researcher who filled in the form with the identification data of the respondents and questionnaires in the study. Was applied the Full range of Zarit overload. This scale has 22 items, aims to evaluate the impact caused by the care in physical, emotional and social aspects. After answering the items of the scale, does the sum of the scores of all items to get the result that goes with the following scores: up 46 points light overload; 47-55 moderate overload; up to 55 severe overload. The collected data were stored in an electronic database. To make the databases we used the program Excel version 2010. The research fol-
Results and Discussion
After evaluating the scalar variables obtained 40% overhead light, 26.66% with moderate overload and 33.33% with severe overload. Concluding that there is a slight overload of these caregivers. Disagreeing with some studies already carried out in Brazil and in other countries. 2, 3
Study in Portugal in the year 2014 reports a severe overload of these caregivers. By analyzing demographic data partners found that this overload occurred caregivers with more age, showing that the elderly who were being caregivers of their families would be overloaded, which could affect the act of caring. 2
This overload light of caregivers can be explained by the support of health professionals, where they aided the caregivers in all its functions, causing not to overload. But also might be notable for being relatives, mostly relatives of the first degree, this overload may also have been affected precisely by the fact that the family has the role to care for and protect their families.

The increased life expectancy of the population is causing an increase in the elderly and therefore in more people with some chronic diseases, without chance of cure and indication of palliative care to ease the pain. Research has shown that caregivers did not present a severe overload, once the affection of the family is involved in the Act of taking care of these patients. It was understood that the full range of Zarit overload is a method best suited to the pursuit of this overload in caregivers of patients in palliative care wards. The study showed that the caregivers have an overhead light in relation to this watch. Palliative care aims to function not only take care of the patients with chronic diseases, but also of their families and particularly caregivers, who are the ones who spend most of their time watching the patient. Since a distinguished look for caregivers in a slight overload causes improving patient care.

Conclusion
It can be concluded that the scale of Zarit overload presents well psychometric features, with regard to their reliability and internal validity which advises its application in hospital palliative care context. The fact that this range be used internationally and in several contexts makes it useful not only as a diagnostic tool, but also at the level of research studies on other teams who provide palliative care.

References