

General Health in Family Care givers

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ABSTRACT

Introduction	Alzheimer induces morbidity not only in the patients but also in the families taking care of them that could have impacts of on physical and psychological health. The purpose of this study was to investigate general health in women as family care givers of the elderly people with Alzheimer who attended to the Iranian Association of Alzheimer Disease.
Methods	The study with a descriptive design (a part of a randomized controlled field trial), 150 women were recruited with a consecutive sampling method before any intervention. The study population of this study included the women as family care givers who were close relatives to elderly patients with Alzheimer disease, attending to the Iranian Association of Alzheimer Disease with direct caring of at least six months. Data collection tool was a questionnaire including 28 items of Persian version of the General Health Questionnaire (GHQ). For data analysis, descriptive statistics and chi square were used in the study.
Results	The study findings showed that only 24% of the subjects had a good level of general health, but the remainder had a moderate and weak general health (58.7% and 17/3%), respectively. There were significant relationships between general health of the women as care givers and the variables of age ($p= 0.016$), occupation status ($p= 0.008$), type of relative ($p=0.013$), and economic status ($p= 0.049$). However, there were no a significant relationship between general health and the other variables such as marriage situation ($p= 0.5$), education ($p= 0.07$), and duration of caring of the elders ($p= 0.205$).
Conclusions	Based on the study findings, the considerable percentage of the women as family care givers of elders with Alzheimer disease did not pose optimum level of general health. With consideration of the related factors to this issue such as age, occupation, and economic status, it seems that providing social support and community health promoting interventions would be beneficial
Keywords	Family Care Givers - Women's health - General health - Alzheimer disease.