Abstract 181: Caregiver burden of patients with advanced cancer in Mexico

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Conclusions: A significant proportion of unpaid caregivers in Mexico report high levels of caregiver burden.

Patient’s calculated life expectancy of < 6 months increased the risk of caregiver burden.

Background:
• Caregivers of patients with advanced cancer often face significant physical, social and emotional distress.
• In Latin American cultures, family plays a particularly important role in the decision-making process of patients with cancer, and relatives often assume the role of unpaid caregivers.
• There is limited research about the burden associated with cancer unpaid caregiving among patients living in Latin America.

Objective: To describe the profile of caregivers and to identify patient-related factors associated with caregiver burden in a third level cancer center.

Methods:
• Cross-sectional analysis
• Patients with advanced cancer and their caregivers included in a multidisciplinary patient navigator-led supportive care program in Mexico City (Te Acompañamos)
• Caregivers completed a short version of the Zarit Burden scale
• Patients completes screening questionnaires (FACT-G, PHQ-9, and GAD7)
• Life expectancy was calculated using PPS
• Descriptive statistics, chi-square tests and multivariate logistic regression analyses

Results:
• 321 patients were included
  • 58% women
  • Average age 63.3 +/- 14 years
  • 32.7% with hepatopancreatobiliary tumors
• 321 caregivers were included
  • 67.1% women
  • 44% patient’s son/daughter
  • 29% patient’s spouses
• 20% had a high caregiver burden
  • Most common among spouses 24.1%, brother/sisters 23.6%

Table 1. Association between patient’s characteristics and Caregiver burden

<table>
<thead>
<tr>
<th>Multivariate analysis</th>
<th>Patients n= 321 (%)</th>
<th>Caregiver burden n = 64 (%)</th>
<th>p value</th>
<th>HR (95% CI)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression (moderate to severe)</td>
<td>132 (41.1)</td>
<td>38 (59.3)</td>
<td>&lt; 0.01</td>
<td>1.8 (0.9 - 3.7)</td>
<td>0.07</td>
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<tr>
<td>Anxiety (moderate to severe)</td>
<td>85 (26.4)</td>
<td>24 (37.5)</td>
<td>&lt; 0.01</td>
<td>0.3 (0.7 - 2.7)</td>
<td>0.33</td>
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<tr>
<td>PPS score (&lt; 180 days)</td>
<td>145 (45.1)</td>
<td>40 (62.5)</td>
<td>&lt; 0.01</td>
<td>2.2 (1.08 - 3.7)</td>
<td>0.02</td>
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<tr>
<td>FACTG score (&lt; 60)</td>
<td>56 (17.4)</td>
<td>14 (21.8)</td>
<td>0.29</td>
<td>0.7 (0.3 - 1.6)</td>
<td>0.49</td>
</tr>
</tbody>
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