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Caregiver Stress

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Vulnerability Myth

Vulnerability is a weakness

- “Vulnerability isn’t good or bad: it’s not what we call a dark emotion, nor is it always a light positive experience. Vulnerability is the core of all emotions and feelings. To feel is to be vulnerable. To believe vulnerability is weakness is to believe that feeling is weakness.” (Brown, 2012)

Vulnerability Shields

1) Foreboding Joy

- Brene Brown says she has learned:
 - Joy comes to us in moments – ordinary moments. We risk missing out on joy when we get too busy chasing down the extraordinary.
 - Be grateful for what you have.
 - Don't squander joy.

Vulnerability Shields cont'd

2) Perfectionism

“A self-destructive and addictive belief system that fuels this primary thought: If I look perfect and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgement and blame.” (Brown, 2012)

Vulnerability Shields cont'd

3) Numbing

When you try and numb your sense of vulnerability it doesn't just impact the difficult/negative emotions but also the positive emotions that come from vulnerability – joy, love, creativity.

Stress

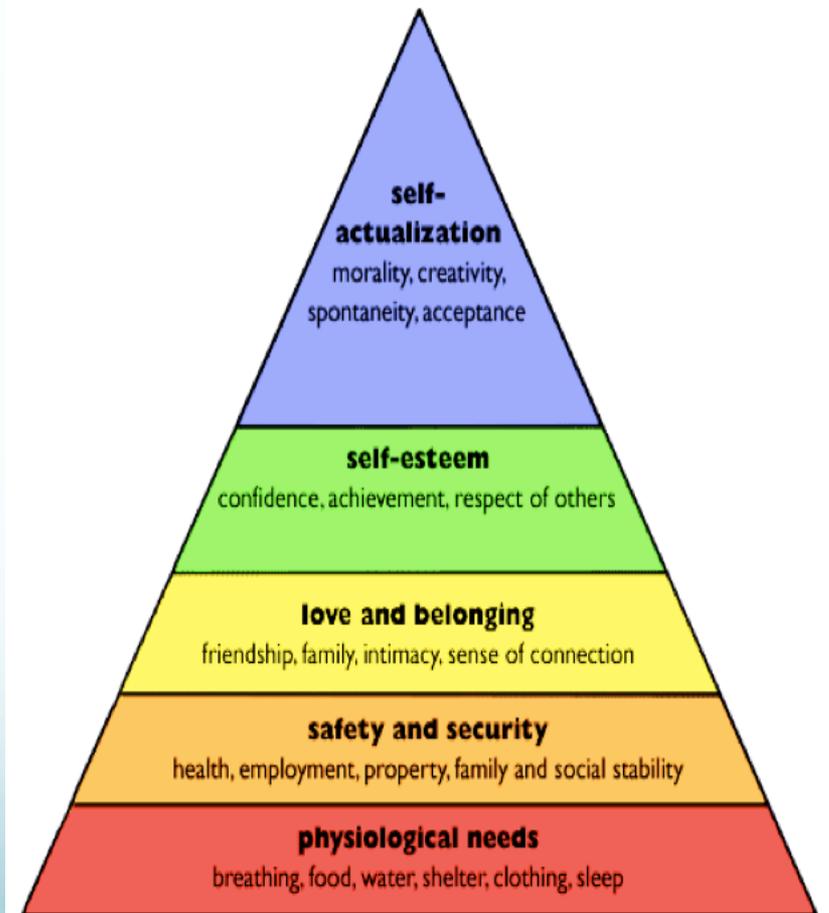
- Good Stress
- Bad Stress
- Unavoidable

Caregiver

- Rooted in relationship to the one being cared for
- Multiple care-giving roles
- Often overlooked by the Health Care Team

Maslow's Hierarchy of Needs

- The caregiver is busy meeting the needs of the other and often neglecting to meet their own needs.



The Impact of Chronic Illness

- Multiple losses and associated grief – depression
- Anxiety
- Changes in health function; finances; roles and responsibilities.

Caregiver Burden: *The Multidimensional Toll*

- Extent to which caregivers perceive that caregiving has had an adverse effect on their emotional, social, financial, physical, and spiritual functioning (Zarit, Todd, & Zarit, 1986).

Caregiver Burden, cont'd

- Privacy vs support
- Available support (rural vs. urban)

Comparison Across Modalities

- CAPD and Hemodialysis (Turgrul Sezer, M., et al., 2003; Belasco, et al. 2006)
- CAPD and Transplant (Avsar, U., et al. 2013)

Assessment

- Existing tools
 - Zarit Burden Interview
 - Alberta Health Services: Caregiver Assessment
 - PHQ9 – Depression
 - GAD7 - Anxiety

Interventions

- Relaxation/Mindfulness Meditation
- Community Resources
- Informal Supports
- Professional Supports

Case Study # 1

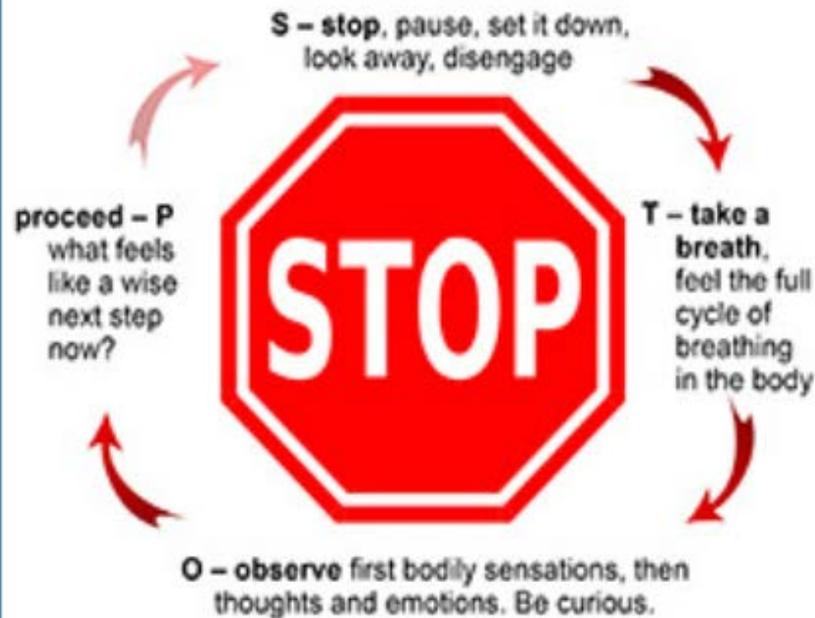
- Patient is a 81 year old married female
- Lives with her husband
- Daughter is primary support (Health Care Professional)
- Patient is non-adherent to renal diet and medications
- Daughter has limited assistance from siblings
- Often in crisis mode

Case Study # 2

- Patient is 61 year old married male
- Lives with wife in small community outside Calgary
- Medical HX: limited vision; poor mobility; CHF; IDDM diabetic; angina; TIA
- Very limited community supports for transportation
- Wife presented with +++ Caregiver Stress

The STOP practice

*Feeling alarmed?
Stressed? Reactive?
Stop!*



Heart Math

Quick Coherence Technique:

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable)

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.

(Heart Math Institute, n.d.)

12 Steps To Self Care

1. If it feels wrong, don't do it
2. Say "exactly" what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say "No"
8. Don't be afraid to say "Yes"
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama & negativity
12. LOVE



LIVE LOVE FRUIT

Three Elements of Self-Compassion

- Self-kindness vs. Self-judgment
- Common humanity vs. Isolation
- Mindfulness vs. Over-identification

Other Ideas to Try

Health benefits of being in forests:

- * Boosts immune system
- * Lowers blood pressure
- * Reduces stress
- * Improves mood
- * Increases ability to focus, even in children with ADHD
- * Accelerates recovery from surgery or illness
- * Increases energy level
- * Improves sleep

--New York Department of the Environment



Advice From A Tree

- Stand Tall And Proud
- Go Out On A Limb
- Remember Your Roots
- Drink Plenty of Water
- Be Content with Your Natural Beauty
- Enjoy the View

Reginald
Ruffin

Self-Compassion, Vulnerability, Burn-out, and Mindfulness

Brene Brown – Vulnerability, Shame

- <http://brenebrown.com/videos/>
- https://www.ted.com/talks/brene_brown_on_vulnerability
- <http://brenebrown.com/>

Jon Kabat-Zinn – Mindfulness-Based Stress Reduction (MBSR)

- <http://www.mindfulnesscds.com/>

Joan Borysenko – on stress and burn-out

- <http://www.joanborysenko.com/articles-and-news/beating-stress-and-burnout/>
- http://www.joanborysenko.com/wp-content/uploads/medical_symptoms_related_stress.pdf
- <http://www.joanborysenko.com/mind-body-balance/>

Kristen Neff – Self-compassion

- <http://self-compassion.org/>
- <https://www.youtube.com/watch?v=11U0h0DPu7k> (6 minutes)
- <https://www.youtube.com/watch?v=Qes9HoxfkE0> (3 minutes)

Questions?

References

Avsar,U., Avsar, U.Z., Cansever, Z., Set,T., Cankaya, E., Kaya, A., Gozubuyuk,H., Saatci,F., and Keles, M. (2013). Psychological and Emotional Status, and Caregiver Burden in Caregivers of Patients With Peritoneal Dialysis Compared With Caregivers of Patients With Renal Transplantation. *Transplantation Proceedings*, 45, 883–886.

Belasco, A., Barbosa, D., Bettencourt, A.R., Diccini, S., & Sesso, R. (2006). Quality of life of family caregivers of elderly patients on Hemodialysis and Peritoneal Dialysis. *American Journal of Kidney Disease*, 48(6), 955-963.

Brown, B. (2012). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. New York: Avery.

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Lindqvist, R., Carlsson, M., & Sjöden, P. O. (2000). Coping strategies and health-related quality of life among spouses of continuous ambulatory peritoneal dialysis, hemodialysis, and transplant patients. *Journal of Advanced Nursing*, 31(6), 1398-1408.

Turgrul Sezer, M., Eren, I., Ozcankaya, R., Civi, I., Erturk, J., & Ozturk, M. (2003). Psychological symptoms are greater in caregivers of patients on hemodialysis than those of peritoneal dialysis. *Hemodial Int.*, 7(4), 332-337.

Zarit, S.H., Todd, P.A., & Zarit, J.M. (1986). Subjective burden of husbands and wives as caregivers: A longitudinal study. *Gerontologist*, 26(3), 260-266.