

DESCRIPTION OF CAREGIVER BURDEN AFTER CARDIAC SURGERY

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Abstract

Post-cardiac surgery patients in recovery depend on caregivers to meet their physical needs because of weakness and reduced physical ability. Caregivers provide care, including assistance in meeting daily needs, self-care, and socializing in the environment. Many caregivers feel unprepared to assume the burden and demands of care on patients. This study aimed to describe the caregiver burden on caring for post-cardiac surgery patients. The research design used quantitative descriptive with an accidental sampling technique with a total sample of 23 respondents. The study was conducted in the Out-patient Department in a private hospital in western Indonesia. The instrument used was the Caregiver Burden Inventory which was analyzed using univariate analysis. Most respondents were female. The highest age of the respondent was 74 years, and the lowest was 18 years, with an average age of 44 years. There were 7(30.34%) respondents who indicated the risk of fatigue, 6(26.09%) respondents indicated the need to seek treatment, and 10(43.48%) respondents did not feel the burden. Nurses are expected to provide for the needs of caregivers during the surgical preparation to help reduce the burden and support in carrying out their roles during the care of post-cardiac surgery patients.

Keywords: caregiver, burden, cardiac surgery