

# COMPARISON OF QUALITY OF LIFE BETWEEN PATIENTS AND THEIR CAREGIVERS IN HOSPITAL AT HOME



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## Context:

Hospital at home is a modality of care that is becoming increasingly important. It allows patients to remain in their usual environment, but the transfer of hospital care to the home adds additional constraints to them and those around them.

There are few data published on the quality of life of patients suffering from cancer and treated in hospital at home (HAH), and even less about their family caregivers. Beyond traditional satisfaction surveys and quality of care measurements, we wanted to assess the quality of life of patients and caregivers using the same validated measurement scale.

## Methods:

- For six weeks, in June/July 2023 nurses of our HAH offered to volunteer cancer patients aged over 18 and their primary caregiver to fill-in an EQ-5D-3L quality of life questionnaire.
- Patients unable to complete the questionnaire by themselves for whatever reason were excluded.

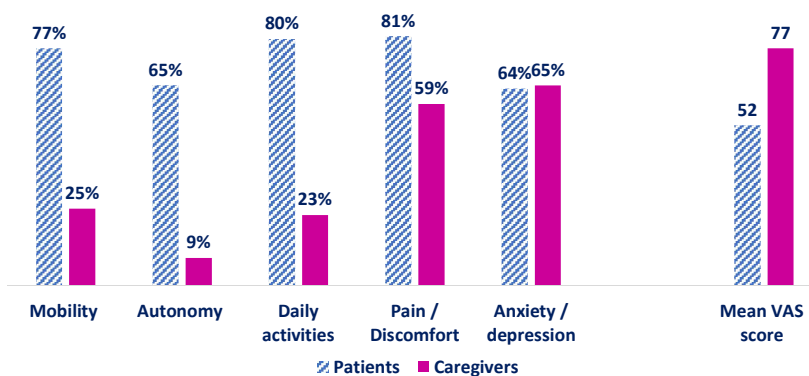
### Characteristics of patients:

- N = 121 patients
- Men 31 % / Women 69 %
- Mean age 69.5 years (31 - 96)
- Mean Karnofsky Index 41.72 (20 – 60)

### Characteristics of family caregivers:

- N = 80 caregivers
- Men 36 % / Women 64 %
- Mean age 65.19 years (19 - 93)
- 76 % without professional activity
- 43 % suffered from chronic illness or disability

EQ-5D : % of patients / caregivers altered and mean VAS



- 11% of caregivers had a VAS score equal to, or lower than that of the patient
- Women caregivers are more likely to have anxiety/depression
- The quality of life of the caregiver is more linked to his/her own characteristics (age ; sex ; chronic illness or disability) than to those of the patient
- Apart from psychological suffering which is linked to the patient's general state of health



## Conclusions:

The deterioration in the quality of life of patients was expected, given the profiles treated in HAH. The caregivers are generally younger, but many suffer from chronic illnesses or pain and a few even have a health status equal to or worse than that of the patient. A quarter are affected in their daily activities and as many of them as patients suffer from anxiety or depression. The study shows the importance of early identification of the caregiver's difficulties, and the need of support from the HAH, in the form of accompaniment, psychological care and social support. We are developing in our hospital the services offered to caregivers, because they are the true pillars of home care.