

# QUALITY OF LIFE IN CAREGIVERS OF PATIENTS WITH HEMATOLOGIC CANCER AND THE RELATIONSHIP WITH PATIENT SYMPTOM BURDEN: A CROSS-SECTIONAL STUDY

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## INTRODUCTION

- Family caregivers play a pivotal role in supporting patients with hematologic malignancies during their treatment
- Hematological cancer can result in a high symptom burden and impaired quality of life (QoL) in patients and their caregivers
- The relationship between distress in cancer patients and caregivers are becoming more widely recognized

## OBJECTIVE

Explore the QoL in caregivers and investigate the association between patient symptom burden and caregiver QoL

## METHODS AND DESIGN

- National observational exploratory cross-sectional study
- Data collection: Self-reported questionnaires
- 1250 patients diagnosed between 2015-2019
- Analysis: Descriptive Statistics, Analysis of covariance to examine associations (p=0.05)



Patients:

- Sociodemographic information
- Symptom burden (MDASI)



Caregivers:

- Sociodemographic information
- Sleep quality (PSQI)
- Psychological distress (HADS)
- Health-related QoL (SF-12)
- Roles and responsibilities (CRRS)



## RESULTS

- Caregivers reported impaired sleep quality and psychological and emotional well-being
- QoL varied across diagnoses, with lower QoL in caregivers of patients receiving active treatment
- Patient symptom burden correlated significantly with caregiver anxiety (p = 0.009) and mental well-being (p = 0.002)
- Treatment status was found to be a significant factor associated with caregiver anxiety (p = 0.016), depression (p = 0.009), emotional well-being (p = 0.002), and sleep (p = 0.01)

## CONCLUSIONS

- Caregivers of patients in active treatment for hematologic cancer with a high symptom burden are at increased risk of impaired QoL
- Healthcare professionals may consider the possible dyadic effect between patient symptom burden and caregiver QoL
- More systematic assessments of QoL and symptoms in patients and caregivers are needed, leading to the development of supportive interventions

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