Role of The Interdisciplinary Team in Managing Caregiver’s Stress in Multiple Sclerosis

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Introduction
Caregiver’s stress:
- A burden arising from providing necessary care tasks to a family member with MS.
- Can be physical, psychological, emotional, social, and/or financial.
- It is both objective and perceived.
- Perceived burden correlates with risk of depression and lower quality of life.
- Almost half of caregivers experience clinical depression, 61% of intense family caregivers experience depression2,3.

MS-Specific Tool To Identify Caregiver’s Stress
- It is very important to provide early screening and intervention.
- The CAREQOL-MS is the first MS specific tool to identify caregiver’s stress.
- It reliably measures the health-related quality of life of MS caregivers through four sub-scales:
  - Physical burden/global health
  - Social impact
  - Emotional impact
  - Need of help/emotional reactions
- Worse HRQL scores for caregivers correlate with increasing age of the caregivers, and increasing EDSS of the persons with MS.

MS-CAREQOL
Specific Tool To Identify Caregiver’s Stress
- It is the first MS specific tool to identify caregiver’s burden.

Case Study
- 40 year old client with MS
- Single mother as primary caregiver
- Client uses wheelchair as primary mode of mobility
- CAREQOL-MS completed by mother identified significant caregiver burden and provided us specific areas needing to be addressed

Individual Role of the Interdisciplinary Team Members in Caregiver’s Stress Management

Neurologist:
- Indicate caregivers' burden
- Encourages caregivers to seek support

Registered Dietitian:
- Meal planning and batch cooking
- Weight/Bowel/bladder management of MS client
- Suggest healthier alternatives to frozen meals

Inter-collaborating work with OT and SLP to help MS client to maintain independence in feeding

Social Worker:
- Supportive counselling and emotional support
- Empowering caregivers to set boundaries with regards to their involvement
- Connecting with community resources, financial support, and counseling services

Supportive decision making

Occupational Therapist:
- Formal screening assessment
- Multiple sclerosis clients to avoid caregiver’s burn-out
- Teaches body mechanics for safe transfers
- Home assessment and optimum home care assistance
- Fatigue, stress and sleep Management
- Initiating discussion regarding alternative housing

Registered Nurse:
- Screening to provide early intervention
- Identifying caregiver stress and making appropriate referrals to other team members
- Motivational interviewing to accept help from other team members
- Providing Education regarding symptoms and symptoms management
- Promoting self-care

Management

Item 1. I worry about the thoughts regarding MS of the person whom I care
- Symptom management
- Education regarding disease progression, motivational interviewing

Item 2. Moving & travelling with the individual is complicated for me
- Wheelchair, vehicular modification, body mechanics for safe transfers

Item 6. Problem with feeding and meals
- Meal planning, adapted cutlery, lift-ware spoon, getting in home care aides to feed client.
- Initiated urgent SLP swallowing assessment.

Item 7. I feel alone regarding my tasks of caring for, watching and supporting a person with multiple sclerosis
- SLP: Swallowing assessment
- RN & OT: Meal planning, adapted cutlery, lift-ware spoon, getting in home care aides to feed client.

Item 10. Lack of time for social life
- SLP: Swallowing assessment
- RN: Symptom management, education regarding disease progression, motivational interviewing

Item 13. The attitude of the person with multiple sclerosis whom I care for elicits mood changes in me
- Client was started on mood stabilizer

Issues Identified On CAREQOL-MS

RN: Symptom management, education regarding disease progression, motivational interviewing

OT: Wheelchair, vehicular modification, body mechanics for safe transfers

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References
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