

Assessment of the Burden of Care Among Chronic Kidney Disease (CKD) Caregivers in Two (2) Selected Hospitals in Abuja Municipal Area Council (AMAC), FCT, Abuja, Nigeria

Ulaka Patience Mnena*, John Bimba

Department of Community Medicine and Primary Health Care

*Corresponding Author

ABSTRACT

Chronic Kidney Disease (CKD) is a growing global health concern, affecting millions of people and placing significant demands on individuals, families, and healthcare systems. It is a progressive condition characterized by a gradual loss of kidney function over time, often leading to end-stage renal disease (ESRD), which requires long-term dialysis or a kidney transplant for survival. This study assessed the burden of care among caregivers of chronic kidney disease (CKD) patients in AMAC, FCT, Nigeria. A total of 305 respondents participated in the study. Findings revealed that most caregivers (94.75%) lived with the patients, while 94.43% were the main caregivers, and 64.59% had been providing care for less than six months. Additionally, 97.70% of patients had been hospitalized within the past six months due to kidney-related issues, highlighting the demanding nature of care. On physical burden, 33.44% of caregivers said they never felt physically tired, 29.18% said sometimes, and 23.93% said rarely. However, 44.59% sometimes felt too tired to engage in other activities after care giving, while 42.62% sometimes woke up feeling physically drained. Sleep disturbance was also common, with 34.10% sometimes having trouble sleeping, and 43.93% sometimes feeling weak or unwell since becoming caregivers. Moreover, 36.72% reported sometimes skipping meals due to care duties, and 31.80% said the cost of dialysis and transportation strained their household income. The emotional and psychological findings showed that 28.51% sometimes felt emotionally drained, 31.76% often felt sad, and 38.69% sometimes worried about emergencies. Additionally, 38.89% sometimes felt mentally exhausted, and 40.98% rarely concentrated on other things due to care giving stress. Feelings of embarrassment and the desire to hand over care to someone else were also reported by 36.40% and 37.05% respectively. Regarding financial burden, 43.28% sometimes spent significant amounts on care, 47.87% sometimes had difficulty meeting financial needs, and 26.88% often borrowed money. Overall, 51.15% often felt financially and emotionally burdened by care giving responsibilities. The study concludes that CKD care giving imposes significant physical, emotional, psychological, and financial strain on caregivers. It recommends targeted interventions such as financial assistance, caregiver support programs, and policy inclusion to reduce caregiver burden and improve their overall well-being.

