E1.4: Exploration of Informal Caregiving Following Hip Fracture

Author List:
Presenting Author: Eun-Shim Nahm
Additional Author: Barbara Resnick, Mary Degrezia

Presenting Author: Eun-Shim Nahm
Address: 655 W. Lombard St., Rm 455 C
Baltimore, Maryland 21201
United States
Ph: 410-706-4913
Fax:
Email: enahm@son.umaryland.edu
Institution: University of Maryland School of Nursing

Additional Author: Barbara Resnick
Address: 655 W. Lombard St., Rm 390
Baltimore, Maryland 21201
United States
Ph: 410-706-5176
Fax:
Email: resnick@son.umaryland.edu
Institution: University of Maryland School of Nursing

Additional Author: Mary Degrezia
Address: 655 W. Lombard St., Rm 455
Baltimore, Maryland 21201
United States
Ph: 410-706-1563
Fax:
Email: mdegr002@son.umaryland.edu
Institution: University of Maryland School of Nursing

Presentation Preference: Research Abstract

Abstract Categories:
Thematic Areas: Adult Health

Abstract:
Introduction: Hip fracture, a significant health problem for older adults, generally results in surgery followed by intensive rehabilitation. The role of informal caregivers is vital for the optimal recovery of older adults post hip fracture. Caregivers can provide necessary support and motivation to these individuals. Hip fractures, however, are acute events, and caregivers may
assume the caregiving role without preparation. The aims of this study were to explore: (1) informal caregivers’ experiences with providing care to older adults over the first six months of hip fracture recovery and (2) their support needs.

**Method(s):** This qualitative study was conducted using in-depth interviews with open-ended questions. Caregivers recruited from a large community hospital were interviewed twice over a six-month period (at 0-2 and 5-6 months post hip fracture). All interviews were audiotaped and then transcribed verbatim. Data were analyzed by two researchers separately employing the technique used by Dutch phenomenologists.

**Results:** Ten caregivers (mean age, 49) participated in the first interview; eight of them completed the second interview. The analyses resulted in several themes in different recovery phases. Themes consistent across the time periods include: (1) feeling tired/exhausted; (2) being frustrated with communication loopholes while working with healthcare agencies; and (3) becoming an advocate for their loved one. Certain themes were phase-specific. In the early phase, management of hospital bills and transitions between care settings were especially burdensome. The caregiving situation, however, was viewed as an opportunity for spending more time with their loved ones. In the second interview, caregivers expressed specific challenges in organizing health care services and monitoring for their frail loved ones while juggling their own lives. Caregivers often faced various challenges without much preparation. Furthermore, they were not aware of resources available to them.

**Discussion & Conclusions:** The findings revealed significant physical and mental burdens experienced by the caregivers of hip fracture patients and their support and educational needs. Further research is needed to investigate effective methods to provide necessary support to these caregivers.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

**FDA Disclosure:**
I will not be describing any pharmaceutical and/or medical device.

**Non-Exclusive License:**

Submitted by:
enahm@son.umaryland.edu