The Physical and Socioeconomic Impact of Providing Care for Older Adults with Cancer

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Objectives

• Characterize caregivers of older adults with cancer
• Identify unique challenges facing caregivers of older adults
• Recognize the physical and socioeconomic implications of providing care for an older adult with cancer
Background

• Cancer care increasingly occurs in the outpatient setting
• Greater reliance on informal caregivers with little preparation
• Consequences of caregiving
  – Physical/functional
  – Socioeconomic
  – Psychosocial

Braun et al., JCO 2007
Given and Sherwood, Semin Oncol Nurs 2006
Northouse et al. JCO 2012
Bevans and Sternberg, JAMA 2012
Given et al. CA Cancer J Clin 2001
Scherbring Oncol Nurs Forum 2002
Unique Challenges of Caring for Older Adults

• Complex patients
  – Decreased physiological reserve
  – Pre-existing comorbidities, polypharmacy
  – Cognitive impairments and geriatric syndromes

Extermann, Crit Reviews in Oncol Hematol 2000
Mohile et al., JNCI 2009
Yancik et al., Cancer 1997
National Caregiving Alliance, Caregiving in the U.S. Executive Summary 2009
Family Caregiver Alliance, 2011 http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=439#
Unique Challenges of Caring for Older Adults

- Greater dependence for ADL/IADL
  - Only 11% in inpt study completely independent in IADLs; 36% in outpt study
  - Garlo study: 32% had problems with 1+ ADL, 68% with 3+ IADLs
  - Gilbar study– 2/3 required help with IADLs
  - Hurria: 43% reported need for assistance with IADLs
  - Mohile JCNI 2009: 32.9% had limitations in ADLs, 49.5% with IADLs

Mohile et al. JNCI 2009
Gilbar et al. Psycho-Oncology 1994
Hurria et al. JCO 2011
Garlo et al. JAGS 2010
Hsu et al. Cancer 2014
Unique Challenges of Caring for Older Adults

- High prevalence of dependence for ADLs/IADLs

Mohile et al. JNCI 2009
Caregivers are Older

73%

Median age
65-66 (older pt) vs. 46.3-58 (all cancer pt)

Hsu et al., unpublished data

Doorenbos et al. Res Nurs Health 2007
Hsu et al., MASCC 2014
O’Hara et al., Palliat Support Care 2010
Goren et al., Supportive Care Cancer 2014
Typical Caregiver of Older Adults

- Female
- Spouse (or child)
- Cohabitate with patient

Hsu et al. Cancer 2014
Hsu et al. MASCC 2014
Doorenbos et al. Res Nurs Health 2007
Hours of Care

• Median hours of care:
  – Outpatients: 10 hours/week
  – Inpatients: 35 hours/week

Hayman et al. JCO 2001
Hsu et al. Cancer 2014
Hsu et al. MASCC 2014
Hours of Care

- Longer hours
  - Increased caregiver age
  - Cohabitate
  - More dependent patients
  - Advanced stage and end-of-life

National Alliance for Caregiving and AARP (2009), *Caregiving in the U.S.*; National Alliance for Caregiving
National Alliance for Caregiving and AARP (2009), *Caregiving in the US, A Focused Look at those Caring for Someone Age 50 or Older*
Partnership for Solutions (2004), Chronic Conditions: Making the Case for Ongoing Care.
Caregiver Comorbidities

40% vs. 23% of all cancer caregivers

Hsu et al. MASCC 2014
Goren et al., Supportive Care Cancer 2014
Impact of Caregiving on Physical Health

• Potential
  – Lifestyle
  – Neglect own health
  – Check-ups

• Actual
  – Perceived health
  – Physical symptoms
  – Mortality
Impact on Lifestyle and Behaviour

- Restricted ability to exercise sufficiently
- Interfere with eating healthy diet
- Prevented from seeing a doctor
- Delayed getting a medical test or screening

Mazanec et al. Res in Nursing and Health 2011
Increased physical symptoms

- Insomnia
- Headaches
- Migraines
- GI conditions

Cancer caregivers vs. Non-caregivers

Goren et al., Supportive Care Cancer 2014
Caregiver Self-Rated Health

22% reported deterioration in health due to caregiving

Hsu et al. MASCC 2014
Hours of caregiving is a risk factor for poor health

Risk factors for Physical Decline and Strain

• **Patient factors**
  – More dependent ✔
  – Multiple comorbid conditions ✔
  – End of life (hospice)

• **Caregiving factors**
  – More hours of caregiving ✔
  – Cohabitate ✔
  – More impact on caregiver schedule

• **Caregiver factors**
  – Increased caregiver age ✔
  – Less educated
  – Poor caregiver social function

Kurtz Med Sci Monit 2004
Kim and Spillers Psycho-Oncology 2010
Impact on Health and Function

• Physiological changes
  – Altered immune system
  – Altered response to vaccines
  – Slower wound healing
  – Increased BP
  – Poorer lipid profile

• Decreased preventive health
• Decreased visits to doctor
Caregiver strain – A risk factor for mortality?

“Thanks for all your hard work.”

Schulz and Beach, JAMA 1999
Caregiver Support

- Receive professional help, 19%
- No professional help, 81%

Median hours of professional help: 0 hours/week (0-40)

Perceived social supports (MOS-social support survey): 68 (0-100)

Hsu et al. MASCC 2014
Value of Caregivers
Socioeconomic status of Caregivers

• Employment
  – Caregivers of older adults: 21.7-39%
  – All caregivers: 50-58%
    • More likely if younger, non-spousal relationship, not cohabitating, fewer hours of caregiving

• Income
  – Savings
  – Pension

Hsu et al. Cancer 2014
Hsu et al. MASCC 2014
Doorenbos et al. Res Nurs Health 2007
Wadwha et al. Psycho-oncology 2013
Sherwood et al. Psycho-oncology 2008
Grunfeld et al. CMAJ 2004
Socioeconomic Status of Caregivers

↑ Likelihood of being employed
• Younger
• Non-spousal
• Not cohabitate
• Fewer hours of caregiving

Doorenbos et al. Res Nurs Health 2007
Hsu et al. Cancer 2014
Mazanec et al. Res in Nursing and Health 2011
Wadwha et al. Psycho-oncology 2013
Grunfeld et al. CMAJ 2004
Hsu et al. MASCC 2014
Sherwood et al. Psycho-oncology 2008
Socioeconomic Impact of Caregiving

- Employment-related
- Out of pocket expenses
Impact of Caregiving on Employment

- Change in job situation
- No change in job situation

More lost hours if:
- Female caregiver
- More assistance with IADLs

References:
- Grunfeld et al. CMAJ 2004
- Mazanec et al. Res in Nursing and Health 2011
- Wadhwa et al. Psycho-oncology 2013
- Hsu et al. MASCC 2014
- Sherwood et al. Psycho-oncology 2008
Impact of Caregiving on Employment

- Lost work productivity
- Income and benefits
  - Up to 1/3 lose benefits
  - Less impact if older caregiver
- Career promotion
- Presenteeism

Mazanec et al. Res in Nursing and Health 2011
Grunfeld et al. CMAJ 2004
Goren et al., Supportive Care Cancer 2014
Sherwood et al. Psyco-oncology 2008
Mor et al. Cancer 1994
Out of pocket expenses

- Direct patient costs
  - Cancer related
    - Cancer treatments
    - Medications
  - Necessities of life (food, utilities, housing)
- Hired help

Economic Implications of Caring for Cancer Patients

- Lost major source of family income
- Used up family savings
- Delayed care for another family member
- Changed educational plans for a family member

Rhee et al. JCO 2008
Employment

Caregiving
Impact of Employment on Caregiving

• Employed caregivers at higher risk of caregiver burden (OR 4.5) (p=0.04)
  – Impact may more pronounced in younger caregivers

Hsu et al. Cancer 2014
Doorenbos et al. Res Nurs Health 2007
Given et al. Oncol Nurs Forum 2004
Conclusions

• In general, caregivers of older adults tend to be older, female spouses

• Caregiver and patient characteristics put caregivers of older adults at higher risk of physical decline though majority are in good health

• Caregivers who are employed are at risk of caregiver burden, as well as financial difficulties both short- and long-term. This impact may be higher in younger caregivers.