

# Factors associated with level of burden and quality of life among caregivers of haemodialysis patients attending private dialysis center, Jitra, Kedah

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## ABSTRACT

**Introduction:** With the increasing number of patients requiring dialysis in Malaysia, more individuals will be expected to adopt the role of caregivers in the future. It is observed that the population of caregivers frequently expressed their feelings of exhaustion and emotional drain while taking care of their relative who required hemodialysis treatment. These conditions may affect their quality of life and disrupt the care process. This study aims to assess factors contributing to the burden and quality of life among caregivers of hemodialysis patients. **Materials and Methods:** A cross-sectional study was conducted among 88 caregivers of hemodialysis patients attending Zaharah Dialysis Centre from April to June 2024. The Zarit Burden Scale was used to assess the level of burden among caregivers and the World Health Organization Quality of Life Brief Version (WHOQOL-BREF) addressed six quality of life domains which include physical health, psychological health, and level of independence, social relationship, environment and spirituality was used to evaluate the quality of life among caregivers. **Results:** The study revealed that 30.7% of caregivers had a moderate level and the rest had a mild burden. The overall mean quality of life was low at 69.33 (SD=8.25). Multifactorial ANOVA test showed a significant difference in mean quality of life among different categories of gender and age ( $p < 0.001$ ). However, this study found that the quality of life among caregivers was not significantly associated with their level of burden ( $p > 0.05$ ). **Conclusion:** This study reveals that caring for patients undergoing hemodialysis not only focuses on the patient but also implies how it affects the quality of life among caregivers. It is imperative to address the problems of caregivers who always care for these hemodialysis patients and should be considered to involve them in all the treatments for better patient care management.