

5<sup>th</sup> World Congress on

# Neurology and Therapeutics

March 14-16, 2016 London, UK

## Burden and associated pathologies in family caregivers of Alzheimer's disease patients: A comparative study in Spain

**Natalia Verez Cotelo**

San Pablo CEU University (España). Berbés Group.

**N. Floro Andrés Rodríguez**

Community Pharmacist. Berbés Group.

**José A. Fornos Pérez**

Community Pharmacist. Berbés Group

**J. Carlos Andrés Iglesias**

Community Pharmacist. Berbés Group

**Marcos Ríos Lago**

Universidad Nacional de Educación a Distancia (UNED) & Red Menni de Servicios de Atención al Daño Cerebral, Unidad de Investigación Proyecto Alzheimer (UIPA).

In Spain, as in other Mediterranean countries, family caregivers play an essential role in caring for patients with Alzheimer's disease (AD). Given the high demands on caregivers of AD patients, they may experience physical, psychological or social consequences as a result of caregiving. Several factors are associated with the onset of caregiver burden, including the social support available, AD patient's health, and the place where they live. A cross-sectional study with 175 family informal caregivers was conducted at a community pharmacy and in family caregivers associations in Galicia (Spain). Demographic variables were collected, and the following questionnaires were administered: the Beck Depression Inventory-II, STAI-Anxiety Questionnaire, Zarit Burden Scale, family APGAR scale, and the Duke-UNC questionnaire. The typical caregiver profile consists of a 56-year old women with a primary education who belongs to a functional family. Nearly a half (48%) of caregivers had a high perception of burden, with anxiety in 37% of caregivers and symptoms of depression in 25%. Family caregivers usually went to the same pharmacy (93%), were treated with psychotropic drugs (39%) and interacted with the pharmacist (90%). The caregivers from cities of The Atlantic Ocean zone presented a major level of overload and anxiety that those of the interior of Galicia. The caregiver members of family caregivers associations showed major overload and anxious symptoms that those who aren't members of any association. The cultural standard, a good familiar function and the social received support act as "protective" factors. This study confirmed that pharmacists can help caregivers finding signs of psychopathology in order to improve their psychological health.

### Biography

Natalia Verez Cotelo has completed her PharmD from Santiago de Compostela University and Post-doctoral studies from Universidad Nacional de Educación a Distancia (UNED) School of Psychology. She is member of Berbés Group, a Pharmaceutical Research and Education organization. She has published more than 25 papers in reputed journals and has been serving as Pharmacist in National Health Service in Spain.

[nataliaverez@redfarma.org](mailto:nataliaverez@redfarma.org)

### Notes: