

Quality of life domains are affected in caregivers of people with Type 2 diabetes: results from a literature review

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Background and aim

Caregivers play a crucial role in self-management of long-term conditions. This aspect is covered in current UK health policies. The aim of this literature review was to explore the impact that Type 2 diabetes has on the caregivers' quality of life [QoL], and its significance in integrated healthcare.

Method

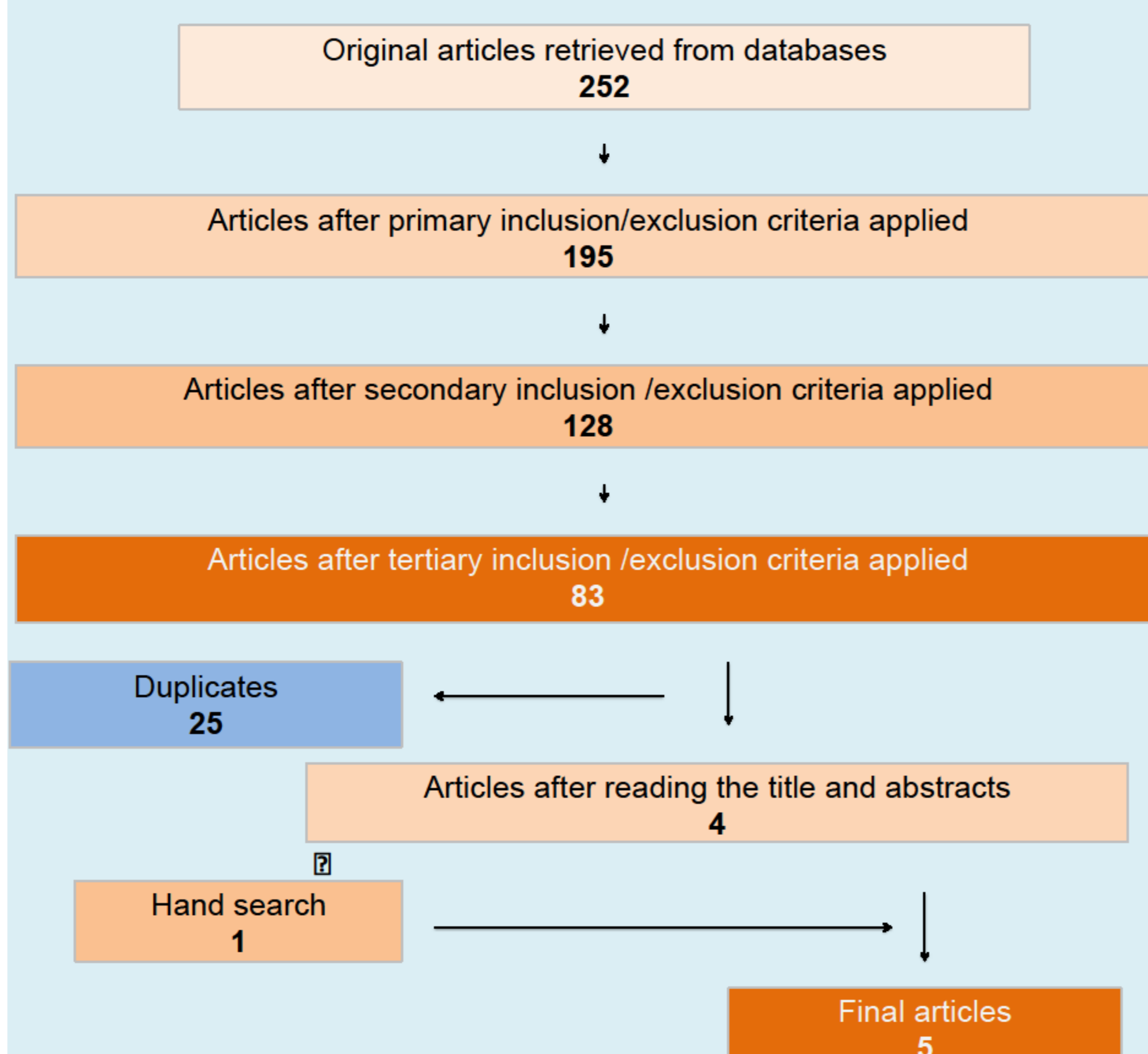
A search was undertaken in CINAHL, MEDLINE, BNI and ASSIA using the following keywords: carer, caregiver, family/next of kin/spouse/ spousal/partner/proxy/diabetes Type 2/quality of life/QoL/health related quality of life/mental quality of life and physical quality of life.

- The inclusion criteria were; articles published in English, in the last 10 years, with adults that explored aspects inherent to caregivers QoL
- Five articles satisfied the inclusion criteria for this review (Anaforoğlu *et al.* 2012, Awadalla *et al.* 2006, Kovacs *et al.* 2013, Orvik E. *et al.* 2006 and Scarton *et al.* 2014).
- The articles were analysed using critical analysis (Booth *et al.* 2012) and thematic analysis (Polit and Beck 2012).

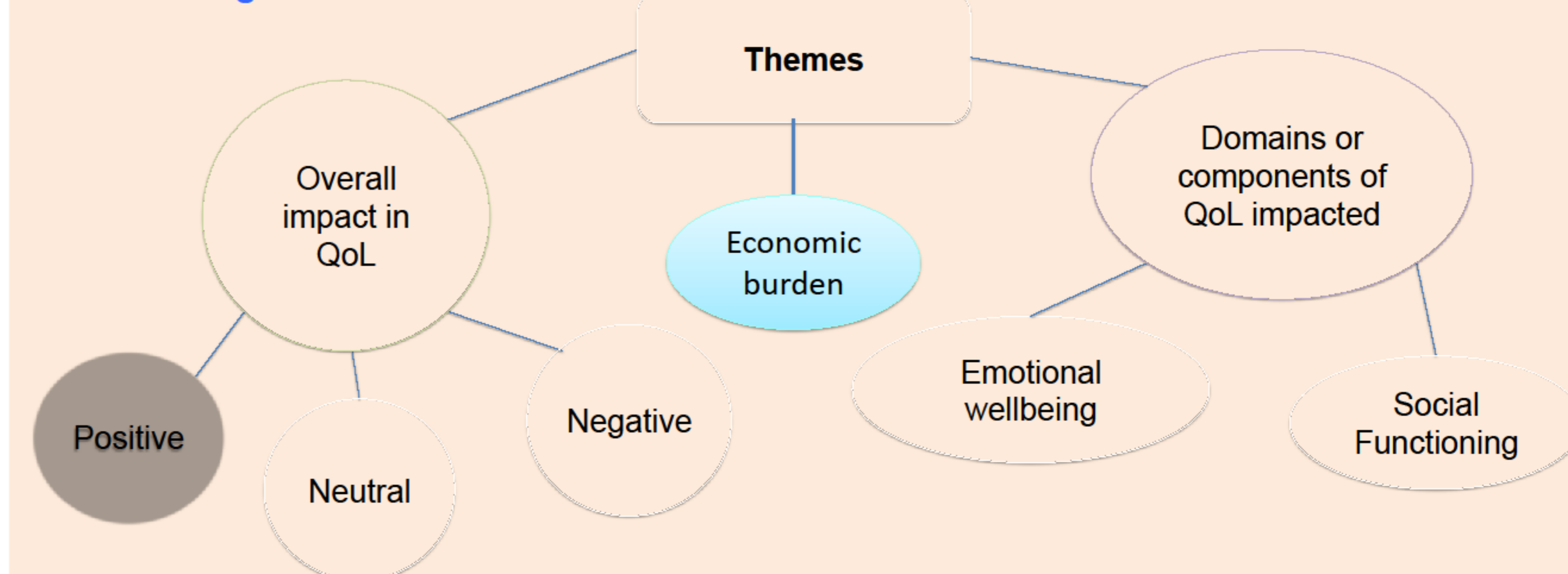
Results

- The evidence suggests that the overall impact of Type 2 Diabetes in caregivers QoL vary: for some was neutral while for others were positive or negative.
- The emotional wellbeing is the component/domain of caregivers QoL most affected by Type 2 diabetes, and these are reported as depression and anxiety.
- Social functioning and economic burden were other domains affected.
- The majority of the caregivers were female family members.
- Socio demographic and cultural variables appeared to influence caregivers QoL.

The search process



Themes recognized



Discussion/Implications

- The impact of Type 2 diabetes on caregivers QoL is apparent in an initial overview of the affected QoL domains.
- There is insufficient evidence to ascertain the type of impact of adults' diabetes Type 2 on caregivers' QoL.
- Socio-demographic and cultural differences were identified as variables that can influence caregivers QoL.
- Health care professionals awareness of Type 2 diabetes impact on caregivers' QoL is essential to enable effective integrated healthcare.

Conclusion

The impact of Type 2 diabetes in caregivers' QoL requires further research, especially to take into consideration socio-demographic and cultural differences. Educational programmes could be used to raise awareness of healthcare professionals, and to assist them in assessing the impact of Type 2 diabetes on caregivers QoL.

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