DETERMINANTS OF CAREGIVER BURDEN ASSOCIATED WITH MODERATE ALZHEIMER’S DISEASE PATIENTS MANAGEMENT IN SPAIN: THE EVOCOST STUDY

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Introduction: Institutionalisation of Alzheimer’s disease (AD) patients remains low in Spain and informal care is associated with considerable physical, emotional and economic burden. Determinants of the caregiver burden in the moderate AD severity stage when disease management is becoming more complex have not yet been studied.

Aims: This analysis aims at identifying factors that significantly impact on the burden of caregivers of moderate AD patients, using the baseline EVOCOST data.

Methods: The EVOCOST study consists of 199 moderate AD patients and their caregivers in Spain. Caregiver burden was measured by the Zarit Burden Interview. Data on socio-demographic characteristics of patients and carers, comorbidities, clinical evolution of AD (severity, cognition, global status, functional disability and behaviour) and resource use were collected. Factors significantly influencing caregiver burden were identified in univariate analyses and then combined in a stepwise multivariate linear regression model.

Results: The patient’s living arrangements, clinical characteristics (GDS, MMSE, CGI, BADL, IADL and NPI-Q scores), outpatient visits, psychotropics intake (antipsychotics, anxiolytics and antidepressants) and relationship between patient and carer were all significant determinants of caregiver burden when examined individually. Several multivariate models were built and led to consistent results. 6 final predictors were identified to be independently associated with a caregiver burden increase: IADL score (p=0.03), NPI distress score (p< 0.001), CGI score (p=0.004), having geriatrician visits (p=0.006), being on antidepressants (p< 0.001) and being the patient's partner (p=0.007).

Conclusions: Determinants of caregiver burden comprise mainly patient clinical impairment characteristics and the nature of carer relationship with the patient.