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3 Title: Assessing Caregiver Stress and Burden
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5 Introduced by: Kathleen Duemling for the Medical Student Section
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7 Original Author: Taylor Boehler
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9 Referred to: Reference Committee E
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11 House Action: **AMEND**
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14 Whereas, in the year 2015, nearly 34.2 million Americans acted as an unpaid caregiver to an
15 adult over the age of 50¹, and
16

17 Whereas, in 2013, within the state of Michigan alone, nearly 1,280,000 residents acted as family
18 caregivers², and
19

20 Whereas, in 2013, the aforementioned caregivers provided nearly 1.19 billion hours caring for
21 their loved one(s), which equated to a total economic value of approximately \$14.5 million for the
22 state², and
23

24 Whereas, caregivers often provide high level skilled medical activities including but not limited
25 to injections and catheter/colostomy care, in addition to their assistance with activities of daily living
26 (ADL) and independent activities of daily living (IADL)^{1,3}, and
27

28 Whereas, in 2015, approximately 50 percent of caregivers self reported that they, “did not have
29 a choice in taking on the responsibility of serving as a caregiver”¹, and
30

31 Whereas, over 25 years of research shows that caregivers take on a significant financial,
32 emotional, mental, and physical burden while receiving negligible extra support and assistance, and
33

34 Whereas, a research survey given to over 1,200 caregivers showed that 17 percent of these
35 individuals rate their perceived health as fair or poor, and their perception of poor health increases with
36 length of time spent providing care¹, and
37

38 Whereas, among caregivers, studies report higher levels of mental health problems, including
39 anxiety and depression, as well as chronic conditions such as heart disease, cancer, diabetes and
40 arthritis; with these individuals less likely to practice preventive health measures^{5,6,7,8,9,10}, and
41

42 Whereas, experts recommend that family caregivers be offered caregiver assessments at regular
43 intervals to identify those caregivers who are at risk for high levels of stress and burden that may lead to
44 worse health outcomes for the caregiver^{1,2,3,4}, and
45

46 Whereas, there is no current education at the medical student, resident, or physician level that
47 involves a proper caregiver stress/burden risk assessment, and
48

49 Whereas, the American Medical Association currently recognizes the importance of evaluating
50 the health of a caregiver and has developed a validated 18 item caregiver self-assessment questionnaire
51 to detect depressive symptoms within chronically stressed caregivers¹¹, and

52 Whereas, this 18 item caregiver self-assessment questionnaire recognizes the emotional impact
53 of caregiving but does not replace the need for a standardized multi-system assessment to be used by
54 all primary care physicians in the state of Michigan; and
55

56 Whereas, in Michigan, the only current caregiver assessment is the demographic information
57 required to file an application for the patient to receive HCBS Medicaid services¹², and
58

59 Whereas, the current use of the term ‘caregiver assessment’ is ambiguous and misleading, as
60 there is no standardized ongoing assessment of a caregiver’s physical, mental or emotional health;
61 therefore be it
62

63 RESOLVED: That MSMS supports the ongoing education of medical students and physicians on
64 the importance of evaluating, assessing, and managing caregiver stress and burden using standardized
65 screening tools to detect depressive symptoms within chronically stressed caregivers; and be it further
66

67 RESOLVED: That MSMS advocate for policies that encourage the use of a standardized multi-
68 system caregiver assessment tool to evaluate the physical and psychological strain placed on caregivers
69 to be used during routine health care visits.
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72 **WAYS AND MEANS COMMITTEE FISCAL NOTE: NONE**

¹ Caregiving in the U.S. 2015 Report. 2015. Available at: http://www.caregiving.org/wp-content/uploads/2015/05/2015_caregivingintheus_final-report-june-4_web.pdf. Accessed February 12, 2016.

² Reinhard S, Freinberg L, Choula R, Houser A. Valuing the Invaluable: 2015 Update. Insight on the Issues. 2015. Available at: <http://www.aarp.org/content/dam/aarp/ppi/2015/valuing-the-invaluable-2015-update-new.pdf>. Accessed February 12, 2016.

³ Home Alone: Family Caregivers Providing Complex Chronic Care. 2012. Available at: http://www.aarp.org/content/dam/aarp/research/public_policy_institute/health/home-alone-family-caregivers-providing-complex-chronic-care-rev-AARP-ppi-health.pdf. Accessed February 12, 2016.

⁴ Family Caregiver Alliance. Caregiver Assessment: Principles, Guidelines And Strategies For Change. San Francisco; 2006. Available at: https://www.caregiver.org/sites/caregiver.org/files/pdfs/v1_consensus.pdf. Accessed February 10, 2016.

⁵ Ho A, Collins S, Davis K, Doty M. A Look at Working-Age Caregivers' Roles, Health Concerns, and Need for Support. The Common Wealth Fund. 2005. Available at: http://www.commonwealthfund.org/~media/files/publications/issue-brief/2005/aug/a-look-at-working-age-caregivers-roles--health-concerns--and-need-for-support/854_ho_lookatworkingcaregiversroles_ib-pdf.pdf. Accessed February 11, 2016.

⁶ Schulz R, Beach S. Caregiving as a Risk Factor for Mortality. JAMA. 1999;282(23):2215. doi:10.1001/jama.282.23.2215.

⁷ Lee S, Colditz G, Berkman L, Kawachi I. Caregiving and risk of coronary heart disease in U.S. women. American Journal of Preventive Medicine. 2003;24(2):113-119. doi:10.1016/s0749-3797(02)00582-2.

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⁹ Dassel K, Carr D, Vitaliano P. Does Caring for a Spouse With Dementia Accelerate Cognitive Decline? Findings From the Health and Retirement Study. The Gerontologist. 2015. doi:10.1093/geront/gnv148.

¹⁰ Mahoney R, Regan C, Katona C, Livingston G. Anxiety and Depression in Family Caregivers of People With Alzheimer Disease: The LASER-AD Study. The American Journal of Geriatric Psychiatry. 2005;13(9):795-801. doi:10.1097/00019442-200509000-00008.

¹¹ Epstein-Lubov G, Gaudiano B, Hinckley M, Salloway S, Miller I. Evidence for the Validity of the American Medical Association’s Caregiver Self-Assessment Questionnaire as a Screening Measure for Depression. Journal of the American Geriatrics Society. 2010;58(2):387-388. doi:10.1111/j.1532-5415.2009.02701.x.

¹² AARP Public Policy Institute. Listening To Family Caregivers: The Need To Include Family Caregiver Assessment In Medicaid Home- And Community Based Service Waiver Programs. Washington D.C.: AARP Public Policy Institute; 2016. Available at: http://www.aarp.org/content/dam/aarp/research/public_policy_institute/ltc/2013/the-need-to-include-family-caregiver-assessment-medicaid-hcbs-waiver-programs-report-AARP-ppi-ltc.pdf. Accessed February 27, 2016.