

00081 **Utilizing the Zarit Burden Interview (ZBI) in Early Recognition of Caregiver Burden: A Study to Facilitate Care Transition**

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Aims: The aim of this study therefore, is to determine the feasibility of using the Zarit Burden Interview (ZBI) as an assessment tool for caregiver burden in a tertiary hospital.

Methodology: This is a pre-post descriptive study. Caregiver of patient admitted to the hospital was assessed for caregiver burden using the ZBI and followed through with targeted interventions including transitional care. Descriptive statistics detailed the patient and caregiver demographics and statistical analysis was used to examine the overall ZBI mean score at baseline during hospital admission and at 30 days post discharge.

Result: Eighty six patients and caregivers met the inclusion criteria and all were assessed for caregiver burden during admission. Eighty caregivers completed the ZBI at day 30 post discharge follow up. Twenty four (30%) caregivers had high burden (ZBI ≥ 17), of which 58.3% were seen within three days of discharge. Seventy three (91%) caregivers showed significant improvement in caregiver burden at day 30 (positive ranks, $p < 0.001$).

Conclusion: With the rapidly changing healthcare landscape in Singapore, the reliance on family caregivers to continue the care of patients after hospital discharge is increasing. Although caregivers are the backbone and force multiplier of our healthcare system, the significance of their role and its consequences are often overlooked by hospital staff. In Singapore Healthcare cluster, Patient Navigators (PN) is a centralized group of nurses who coordinate services to address the multidimensional needs of patients and their caregivers following discharge. However, PNs lack the necessary tools to properly assess caregiver well-being including the level of caregiver burden. This study identified the importance and feasibility of utilizing a well-structured caregiver burden assessment (ZBI) in early identification of caregiver burden in a tertiary hospital. Targeted interventions and transitional care post discharge significantly improved caregiver burden.