

00092      **Caregivers Burden of Patients With Dementia-a Cross-sectional Survey in Singapore**

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**Aims:** This study aimed to assess the caregiver burden among caregivers of patients with dementia.

**Methodology:** This cross-sectional study was conducted at a geriatric clinic in an acute-care hospital. A convenience sample of family caregiver's of dementia patients completed the Zarit burden interview and the Neuropsychiatric inventory questionnaire (NPIQ) was used to assess behavior of the patients.

**Result:** A total of 202 caregiver-dyads were recruited. Caregiver's mean age was 59; most caregivers were female (n= 142). Patient's mean age was 82; most patients were female (n= 137). Only 9.4% had severe dementia and almost equal number of early (46%) and moderate dementia (45%) as assessed by the geriatricians using standardized criteria. Delusion was the most common behavior exhibited by the patients (42%). The stages of dementia did not affect the caregiver burden however, disinhibition and nighttime behaviors affects caregiver burden ( $p < 0.05$ ).

**Conclusion:** Disinhibition and sleeping behavior of patients with dementia affects caregiver's burden in this study. Future research may consider designing a protocol that incorporates regular assessment and interventions to manage patients' behavior in order to reduce caregiver's burden.