

**LEVEL OF STRESS: A STUDY ON CAREGIVERS
OF COMPLETE TRAUMATIC TETRAPLEGIC
PATIENTS WITH SPINALCORD
INJURY (SCI) AT
CRP, SAVAR**

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ABSTRACT

Title: Level of stress: A study on caregivers of complete traumatic tetraplegic patients with spinal cord injury (SCI) at CRP, Savar.

Aim of this study: To find out the level of stress of the caregivers while caring for patients with complete traumatic tetraplegic patients with spinal cord injury (SCI) at CRP, Savar.

Objectives:

- To determine the percentage of caregivers suffering from stress while caring for patient with traumatic tetraplegia
- To find out the stress level of both male and female caregivers.
- To determine the level of stress varied among caregivers of different relationships.

Setting: Spinal Cord Injury unit of Centre for the Rehabilitation of the Paralysed (CRP)

Study design: This study was conducted using prospective survey design.

Method: 35 caregivers of complete traumatic tetraplegic patients with SCI were conveniently selected to conduct this study. The level of stress of these caregivers was measured using a stress measurement tool named Caregiver Strain Index (CSI). Here face to face interview were used to ask specific questions to the participants. The data of these samples were analysed by descriptive statistic method.

Results: From this study it was found that caregivers of complete traumatic tetraplegic patients with SCI were suffering from high level of stress while they were caregiving to these patients. The mean score of these caregivers were 12.34 (standard deviation was 0.906). Female caregivers were more stressed (average score 12.43) then male caregivers (average score 12.17). Wives as caregivers of the patients

got more stress (average score 12.77) than caregivers of all other relations with the patients. Continuous caregiving for patients with SCI at CRP, Savar leaving their daily living activities leads to develop stress in the caregivers.

Conclusion: Caregivers for person with complete traumatic tetraplegia play an important role in the rehabilitation process. From this study it was found that they were highly stressed. As a result they could not provide their full effort for the wellbeing of the patients. But wellbeing of patients depends on physical and psychological wellbeing of caregivers. The findings of this study will help the government of Bangladesh, CRP and other related organizations to consider stress of caregivers and run stress management program for the caregivers by engaging Occupational Therapists because they are skilled in stress management techniques.

Key words: Spinal cord injury (SCI) (Traumatic Tetraplegia), caregiver and stress.