



Mental Health of the Special Patient Caregiver - Mini Review

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Abstract

Caring is a universal, millenary activity, and it is the relationship of help, understood as a way of caring from the perspective of meeting the fundamental needs of patients. These are people who devote their time to helping their loved ones, including family members, friends and others. Although caregivers provide valuable services to patients, many experience physical tension, emotional stress, anxiety, lack of sleep, exhaustion, and depression. The occurrence of anxiety in family members / caregivers may be related to over-obligation and care, as well as future-related concerns, coping, fear of loss, and being alone. the caregiver's dedication and continuous monitoring of the patient is necessary, which often needs to change and perform activities that may be above their physical and mental conditions, which causes the appearance of stress. Needing specific training to deal with caring for others, caregivers also need social support to help them maintain their health and be able to take care of themselves. Not having such support, caregivers are exposed to risks of falling ill, not for the care itself, but for the burden imposed on them.

Keywords: Mental Health; Special Patient; Caregiver

Introduction

Caring is a universal, millenary activity, and it is the relationship of help, understood as a way of caring from the perspective of meeting the fundamental needs of patients [1,2]. According to Karsch [3], caregiver refers to a person who calls himself or herself to support the person who experiences a morbid episode or those with some limitation (cognitive, sensory or physical) in performing certain from personal hygiene to family financial management. These are people who devote their time to helping their loved ones, including family members, friends and others [4,5], noting that the stable family model and always available is problematic because of the significant changes currently in the family structure, because very often families are organizing in an unconventional way, for example, from separations, remarriages, migratory flows, generations living together, etc. [3]. For Rafacho and Oliver [6] the role of caregiver can be informal when taken on by a family or

community member and formal when taken on by a specifically trained or hired professional. Although caregivers provide valuable services to patients, many experience physical tension, emotional stress, anxiety, lack of sleep, exhaustion, and depression [7,8]. The family member designated as caregiver ends up abdicating his or her life due to the patient, facing hard work, which can leave him / her emotionally exhausted and physically exhausted, resulting in physical, emotional and social overload (Ignacio *et al.*, 2011). Symptoms Psychological factors such as depression, anxiety, and post-traumatic stress among patient caregivers are often neglected [9,10] and may be at high risk for sleep disturbance and fatigue [11], and also feel more negative reactions [12,13], where the most common are psychological symptoms [14,15].

Caregiver care for patients at home is a challenge, as coping with mortality requires them to be able to sustain fears and a sense

of frustration over their inability to heal [2,16] in addition, the caregiver's role goes beyond simply monitoring the daily activities of individuals, whether healthy, sick and / or bedridden, at risk or fragile, whether at home and / or in any type of institution where they need it. of attention or daily care [17].

The occurrence of anxiety in family members / caregivers may be related to over-obligation and care, as well as future-related concerns, coping, fear of loss, and being alone [18-20].

Conclusion

In the care process, the caregiver's dedication and continuous monitoring of the patient is necessary, which often needs to change and perform activities that may be above their physical and mental conditions, which causes the appearance of stress. Needing specific training to deal with caring for others, caregivers also need social support to help them maintain their health and be able to take care of themselves. Not having such support, caregivers are exposed to risks of falling ill, not for the care itself, but for the burden imposed on them.

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