

**FACTORS PREDICTING HEALTH STATUS OF STROKE  
CAREGIVERS IN THAI NGUYEN, VIETNAM**

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entitled

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**ABSTRACT**

The number of stroke survivors requiring family care in Vietnam have been rising dramatically. This study aimed to examine health status of stroke caregivers, and identify whether caregiver's age, caregiver's income, patient's functional status, caregiver burden, social support, and family conflict could predict health status of the Vietnamese stroke caregivers. A descriptive study was conducted in Thai Nguyen National General Hospital, Vietnam from December 2016 to March 2017. A total of 126 stroke caregivers were recruited from three outpatient clinics in the hospital. Data were collected by using a demographic questionnaire, the Modified Barthel Index, Zarit Burden Interview Scale, Multidimensional Scale of Perceived Social Support, Family Caregiver Conflict Scale, and the Short Form-36 Health Survey. Descriptive statistics and stepwise multiple regression were employed to analyze the data.

The findings revealed that the majority of stroke caregivers were females (71.4%). Most of them were married (92.2%), and more than half were related to stroke patients as their spouses (53.3%). Overall, the health status of stroke caregivers was at a moderate level. Caregiver burden, patient's functional status, caregiver's age, and social support together explained 80.3% of variations in the health status of stroke caregivers ( $R^2 = .803$ ). Caregiver burden was the strongest predictor of health status of these caregivers ( $\beta = -.56.7$ ,  $p < .001$ ).

Based on the findings, nurses should take caregiver's age, functional status of stroke survivors, caregiver burden, and social support into consideration when preparing family caregivers to provide care for stroke survivors. To reduce perceived caregiver burden, family support interventions are greatly suggested to enhance health status of the Vietnamese stroke caregivers.

**KEY WORDS: STROKE CAREGIVER/ HEALTH STATUS/ VIETNAM**

222 pages

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