HEALTH CAPABILITY OF FAMILY CAREGIVERS

Contribution of, and relations between its dimensions

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Family caregivers and their health

- A growing public health challenge
  - Complex care provided day to day in addition to personal life
  - About 10% of the population

- A lifestyle which entails risks for their health (2 meta-analyses):
  - Problems with physical health (Vitaliano & al., 2003)
  - Stress, depression, (Pinquart & Sörensen, 2003)
  - Social isolation (Spitz & Sordes, 2007)

The capability approach

- Developed from the 1980’s by Amartya Sen (Sen, 1992)
  - Welfare economist and philosopher
  - Nobel Price of Economy in 1998

- A way to conceive quality of life
  - Alternative to economic models of development:
    - Resourcist (economic development)
    - Utilitarist (improvement of satisfaction)

- Capability
  - What a person can do or be according to the choices which really are available to them

Capability approach: Application to health

- Capability to be healthy
  - Fundamental for human dignity (Sen, 1993; Nussbaum, 2011)
  - A complex set of capabilities (Venkatapuram, 2011)

- Contribution of health economics
  - Finding indicators of capability to evaluate health interventions
  - Reconsider health & health-related quality of life to measure effectiveness
  - Questionnaires of capacity to accomplish valued domains of life
    (Coast & al., 2008; Kinghorn, 2010; Al-Janabi & al., 2012)

The Health Capability Paradigm (Ruger, 2010)

- Medical ethics and health politics

- Theory of a right to health

- Capacity to achieve one’s optimal health
  - Health status (functioning)
  - The way a person takes care of his/her health (agency)
  - Choice?

Conceptual model of health capability

Health capability
Capacity to achieve one’s optimal health

Biology and genetic predisposition
- Genes
- Personality
- Predisposition to disease

Macrosocial, political, and economic environment
- Economic opportunities
- Moral norms and values
- Social structures
- Empowerment
- Security

Intermediate social context
- Social norms
- Social networks (family, school…)
- Group membership
- Neighborhood/Community
- Life circumstances

Public health, health care system
- Enabling and interactive environment
- Access to high-quality prevention and treatment
- Health values and norms
- Cultural barriers

HCFC-8 domains: a tool for measuring health capability of family caregivers

- National stroke survey - Luxembourg

- Health Capability of Family Caregivers questionnaire (8 domains - 20 items; Bucki, 2014)
  - Psychological health (3 items),
  - Physical health (2 items),
  - Self-efficacy (2 items),
  - Lifestyle value (3 items),
  - Family support (3 items),
  - Social capital (3 items),
  - Material condition / Security (2 items),
  - Satisfaction with health services (2 items)

- Psychometric and content validity tested

Aim

To determine:

- Which relations exist between the dimensions of health capability,
- Which dimensions contribute the most to health capability
Methodology

Participants
- Family caregivers who participated to the Luxembourg stroke survey (n=62)

Design
- Face-to-face structured interviews

Instrument
- HCFC-8 domains questionnaire

Statistical analyses
- Bayesian approach
- Structural equation modelling
Characteristics of the sample

- $n=62$
- $64.5\%$ women
- $85\%$ partners
- Average age: $59.3 \pm 13.7$
- $\approx 50\%$ of caregivers accompany victims who have motor and/or sensory (especially pain) impairments
Domains of health capability:
Which relations?

- Psychological health
- Family support
- Physical health
- Social capital
- Self-efficacy towards health services
- Material conditions and security
- Lifestyle value
- Enabling health services
Domains of health capability: Which relations?

- Psychological health
- Physical health
- Self-efficacy towards health services
- Lifestyle value
- Family support
- Social capital
- Material conditions and security
- Enabling health services

Correlations:
- Psychological health with Family support: 0.59***
- Physical health with Social capital: 0.47*
- Self-efficacy towards health services with Material conditions and security: 0.39*
- Lifestyle value with Enabling health services: 0.49*
- Family support with Material conditions and security: 0.43*
Domains of health capability:
Which relations?

- Psychological health
- Physical health
- Self-efficacy towards health services
- Lifestyle value
- Family support
- Social capital
- Material conditions and security
- Enabling health services

Correlation coefficients:
- 0.60 *** between Material conditions and security and Enabling health services
- 0.42 * between Self-efficacy towards health services and Lifestyle value
- 0.43 * between Lifestyle value and Psychological health
- 0.49 * between Lifestyle value and Physical health

Context → Methodology → Results → Discussion
Domains of health capability: Which relations?

- Psychological health
- Family support
- Physical health
- Social capital
- Self-efficacy towards health services
- Material conditions and security
- Lifestyle value
- Enabling health services

Correlation coefficients:
- 0.42 *
- 0.47 *
- 0.53 **
- 0.57 **
Domains of health capability: Which contribution?

- **Psychological health**: Bodily image and appearance, Self-esteem, Negative feelings (rev.), Tired all the time (rev.), Health got worse (rev.), Confident to know whom to contact, Ability to get information, Want to care, Caring makes feel good, Enjoy caring.
- **Physical health**: Difficulty to get helped (rev.), Family works together, Feel abandoned (rev.), Personal relationships, Sexual activity, Social support, Freedom, physical safety and security, Financial resources, Availability of information and help, Help received.
- **Family support**: Family support, Social capital.
- **Social capital**: Material conditions and security, Interactions with health services.
- **Self-efficacy towards health services**: Health got worse (rev.), Confident to know whom to contact, Ability to get information, Want to care, Caring makes feel good, Enjoy caring.
- **Lifestyle value**: Difficulty to get helped (rev.), Family works together, Feel abandoned (rev.), Personal relationships, Sexual activity, Social support, Freedom, physical safety and security, Financial resources, Availability of information and help, Help received.

* Reference value
Domains of health capability: Which contribution?
Domains of health capability: Which contribution?

1. Psychological health
   - Bodily image and appearance
   - Self-esteem
   - Negative feelings (rev.)
   - Tired all the time (rev.)
   - Health got worse (rev.)

2. Physical health
   - Confident to know whom to contact
   - Ability to get information
   - Want to care
   - Caring makes feel good
   - Enjoy caring

3. Social capital
   - Feel abandoned (rev.)
   - Personal relationships
   - Sexual activity
   - Social support

4. Material conditions and security
   - Freedom, physical safety and security
   - Financial resources

5. Interactions with health services
   - Availability of information and help
   - Help received

6. Lifestyle value

7. Family support
   - Difficulty to get helped (rev.)
   - Family works together

* Reference value
Enhance family caregivers’ health capability

- Find ways to:
  - relieve them physically,
  - foster family networking around the ill

+ giving priority to the socially disadvantaged

- For example:
  - Trialogues (Amering, 2010)
  - Access and training to Information and Communication Technologies

Limits

- Sample size
  - Impossible to generalize the results
  - Need to validate the HCFC questionnaire with a larger sample

- Cross-sectional study
  - How has health capability evolved?
Perspectives

- Finalize the HCFC questionnaire
  - Complete the domains and items
  - Administer to a new and larger sample of caregivers
  - Validate the final version

- Applications of the HCFC questionnaire
  - Evaluation of complex health interventions
  - Diagnosis of family caregivers’ needs

- A European research project in preparation
Thank you for your attention.

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