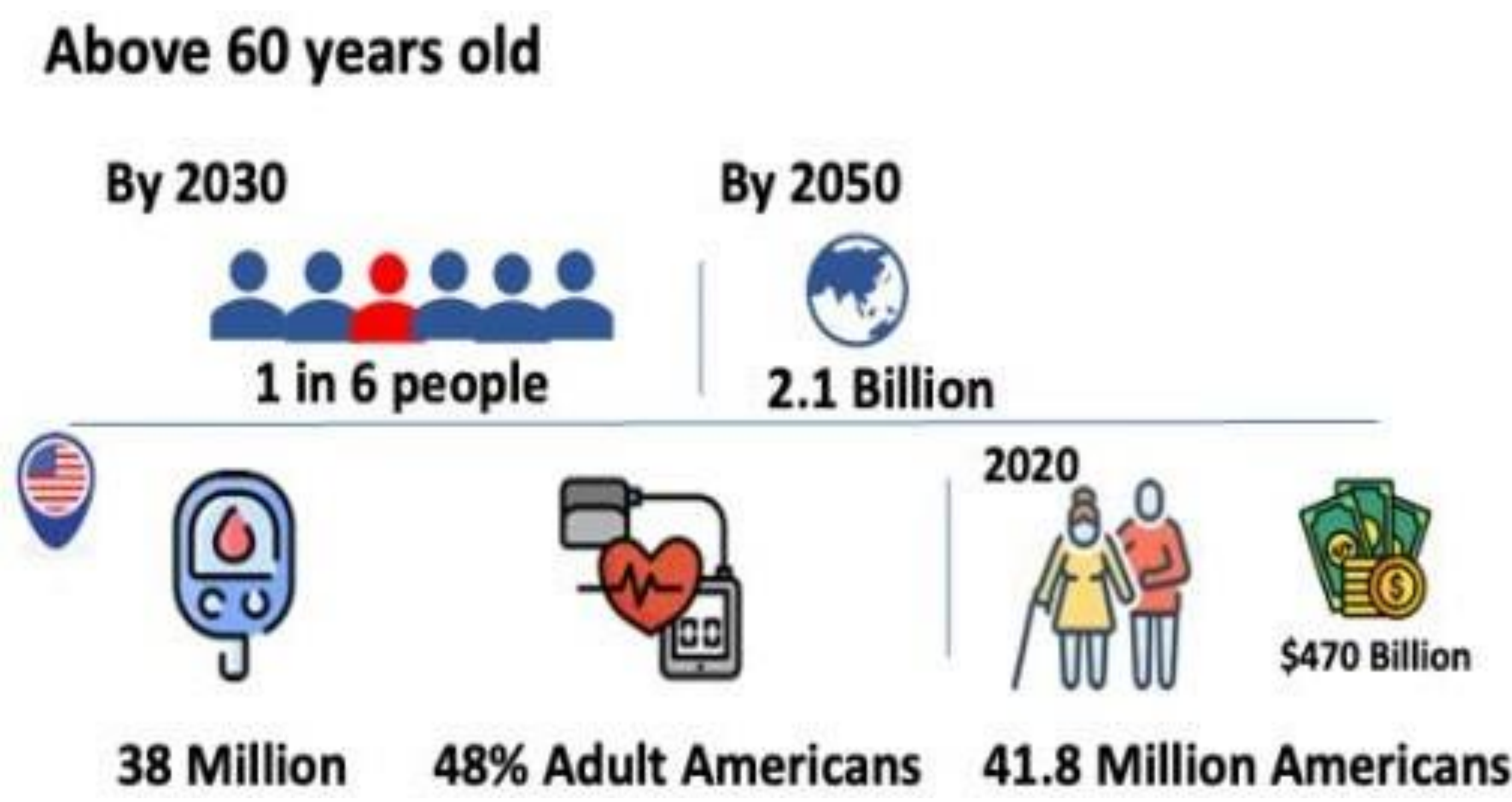


Experiences of Family Caregivers of Individuals with Hypertension and Diabetes: A Meta-ethnography

Ashwag S. Alhabodal, PhD Candidate, MHA/HE, RN¹, Confidence Francis-Edoziuno, PhD Candidate, BNSc, RN, RM¹, Marsha Williamson, PhD Student, FNP-BC²,
Wendy A. Henderson, PhD, CRNP, FAAN³, Ruth Lucas, PhD, RNC, CLS, FAAN¹

1 University of Connecticut, School of Nursing; 2 Pace University, School of Nursing, 3 University of Pennsylvania, School of Nursing

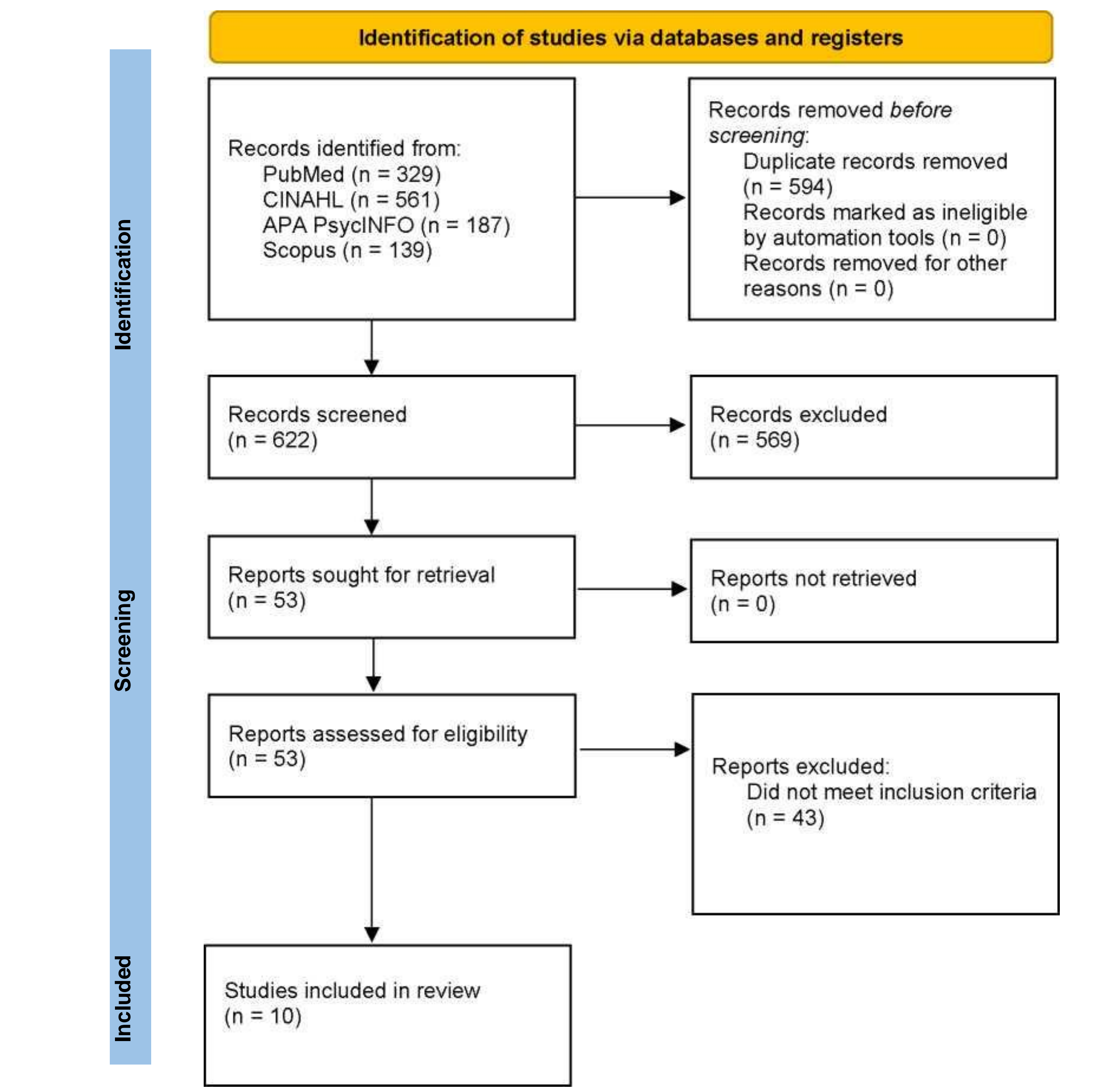
Introduction



To synthesize qualitative evidence to understand caregivers' experiences, challenges, and coping strategies for managing older adults with hypertension (HTN) and diabetes mellitus (DM).

Method

A meta-ethnographic synthesis of peer-reviewed qualitative studies published between 2014 and 2024 was conducted, following Noblit and Hare⁸ seven-step approach: define the focus, select relevant studies, review studies in depth, determine reciprocal and refutational relationships, translate findings across studies, synthesize the translations into overarching themes, and present the synthesis as a cohesive argument.



Results

Qualitative Designs: Interpretive phenomenology, descriptive, ethnographic, and grounded theory research design
N=161 Caregivers
Five overarching themes emerged from the synthesis

Caregiving Expertise and Knowledge

Caregivers acquired skills in disease management, such as dietary regulation and symptom monitoring.

Psychosocial Impact

Caregivers experienced significant emotional stress, isolation, and psychological challenges.

Support and Coping Mechanisms

Caregivers relied on family support, community resources, and personal coping strategies, including religious beliefs.



Financial and Physical Burdens

Financial strain and physical exhaustion were prevalent, often exacerbated by limited resources.

Personal Motivations, Values, and Health Awareness

Caregivers' sense of duty, reciprocity, and religious beliefs were central to their commitment to caregiving.

Conclusion

Family caregivers play a critical role in the management of chronic diseases, yet caregiving significantly impacts their well-being. Findings call for targeted support through enhanced training, accessible resources, and policy reforms to recognize and reduce caregivers' burdens.

Implications

By the provision of a holistic view of the caregiving experience, this study informs strategies to support family caregivers in the management of the complexities of chronic disease care.

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