

## Effectiveness Outcomes –Informal Caregiver

Outcome Area	Examples for Subcategories or Indicators
<p><b>(Life) Satisfaction</b> Outcomes that relate to the subjective evaluation of the current life or care situation/condition by a person him/herself.</p>	<ul style="list-style-type: none"> <li>- Satisfaction with life situation</li> <li>- Satisfaction with care situation</li> <li>- Satisfaction with care services</li> </ul>
<p><b>Medical Health Condition</b> Outcomes that describe the health situation of the informal caregiver</p>	<ul style="list-style-type: none"> <li>- Use of healthcare services</li> <li>- Symptoms (i.e. pain, fatigue)</li> <li>- Occurring diseases</li> </ul>
<p><b>Psychological Health</b> Outcomes that describe psychological functioning*</p>	<ul style="list-style-type: none"> <li>- Psychological well-being (i.e. depression, loneliness, stress-level)</li> <li>- Psychosocial adaption (i.e. Coping, acceptance of care situation)</li> </ul>
<p><b>Social Condition</b> Outcomes that describe social functioning and social inclusion</p>	<ul style="list-style-type: none"> <li>- Social relation to care-receiver</li> <li>- Social participation/ social inclusion (Social relation to family/significant others)</li> <li>- Family Health (health status, behaviour or functioning of the family, relationship to the patient)</li> </ul>
<p><b>Living Conditions</b> Outcomes that describe the effects of the care situation on general life circumstances of a caregiving person</p>	<ul style="list-style-type: none"> <li>- Daily Activities</li> <li>- Work Life</li> <li>- Family well-being</li> <li>- Financial Situation</li> </ul>
<p><b>Knowledge and Competences</b> Outcomes that describe a caregiver's understanding in applying information to promote maintain and restore health,* and to support and care for the care-receiver</p>	<ul style="list-style-type: none"> <li>- Knowledge on health promotion, healthy lifestyle</li> <li>- Disease/care situation related knowledge</li> <li>- Knowledge on supportive infrastructures?</li> </ul>
<p><b>Compliance</b> Outcomes that describe the degree to which informal caregivers comply with professional advices</p>	<ul style="list-style-type: none"> <li>- Compliance awareness</li> <li>- Access to guideline information</li> <li>- Self-monitored compliance</li> </ul>
<p><b>Physical/ Psychological Workload:</b> Outcomes that describe the physical and/or psychological effort during the performance of a specific care activity</p>	<ul style="list-style-type: none"> <li>- Physical Workload (incl. tasks)</li> <li>- Psychological Workload</li> <li>- Time spent on caregiving</li> <li>- Care performance</li> </ul>
<p><b>Use of caregiving support</b> Outcomes that describe the amount of additional informal or professional care support that is needed in the care situation</p>	<ul style="list-style-type: none"> <li>- Use of professional care services</li> <li>- Use of non-professional care support resources (i.e. self-help groups)</li> </ul>
<p><b>Overarching Concepts</b> (Comprise different aspects of the above-mentioned dimensions)</p>	
<p><b>Well-being/ Quality of Life</b> Outcomes that describe an individual's perceived health status and life circumstances*</p>	<ul style="list-style-type: none"> <li>- General QoL-Indicators</li> <li>- Subgroup specific QoL-Indicators</li> </ul>
<p><b>Health related QoL</b> Outcomes that refer to a valuation of an individual's perceived physical, mental and (optionally) social well-being</p>	<ul style="list-style-type: none"> <li>- General self-perceived health status</li> <li>- Disease or symptom specific self-perceived health status (i.e. pain level, symptom severity)</li> </ul> <p>Indicators</p>

	<ul style="list-style-type: none"> <li>- EQ-5D: EuroQol-5D</li> <li>- SF-36: 36-Item Short Form Health Survey</li> </ul>
<b>Caregiver Burden</b> Outcomes that describe the strain perceived by caregivers due to a home care situation (caused by caregiving activities and responsibilities)	Indicators <ul style="list-style-type: none"> <li>- ZBI-12: Zarit Burden Interview-short form</li> <li>- CSI: Caregiver Strain Index</li> <li>- OBM: Objective Burden Informal Caregiver'</li> </ul>

\* Definitions based on NOC (5<sup>th</sup> edition)

5<sup>th</sup> Edition:

[https://www.academia.edu/38156239/Nursing\\_Outcomes\\_Classification\\_NOC\\_Moorhead\\_HERRY\\_.pdf](https://www.academia.edu/38156239/Nursing_Outcomes_Classification_NOC_Moorhead_HERRY_.pdf)