

## **Quality of life of caregivers of hematopoietic cell transplant recipients**

Jamani K, Onstad LE, Bar M, Carpenter PA, Krakow EF, Salit RB, Flowers ME, Lee SJ.

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Caregivers are crucial in the recovery of patients after hematopoietic cell transplant (HCT), and this study analyzes their long-term health and quality of life (QoL). The study surveyed 849 caregivers at a median of 6 years post-HCT. Most (78%) patient-caregiver relationships were spousal, and 68% reported that they were still providing care to the patient. While most caregivers reported QoL at or above general population norms, about 20% reported poor QoL. Caregivers of allogeneic HCT recipients overall experienced lower physical QoL compared to autologous HCT caregivers, possibly due to prolonged complications experienced by patients. For autologous HCT caregivers, factors like patient relapse, fewer years since transplant, and lower recipient QoL were all associated with lower mental QoL. Whereas, among allogeneic HCT caregivers, low QoL was linked to older age, lower educational attainment, and the recipient's current use of immunosuppression. Female caregivers, regardless of HCT type, tended to report poorer QoL. Lastly, depression and sleep disorders were more prevalent in caregivers than the general population.

HCT recipients, facing challenges like infection and graft-versus-host disease, heavily rely on caregivers, often family members, who provide extensive support. The findings emphasize the importance of addressing caregiver well-being in HCT clinical practice, with potential interventions like problem-solving, communication skills, and cognitive-behavioral therapy.