



Project Plan

Caregiver Fatigue and Burnout: Assessment and Intervention Strategies

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Background: Current literature focuses on early screening and important intervention strategies to prevent Health Care Provider burnout¹. Unlike HCPs who are able to separate work from home, non-HCP caregivers often lack the ability to keep those boundaries. Non-HCP caregivers are more likely to experience compassion fatigue, psychological distress, and burnout, yet literature on screening and evaluation tools for non-HCP caregivers is lacking. This gap of knowledge provides us with an opportunity to address the need for validated burden screening and effective intervention strategies for non-HCP caregivers.

Research Question: What are ways self-care intervention changes a non-HCP caregiver's perception of their own fatigue and burnout?

Setting: A self-care intervention event in Potsdam, NY

Data collected:

- Pre and post intervention survey
- Dissemination of information on intervention options
- Interviews
- Focus groups

References:

¹Holland J. et al. *Oxford University Press (2015)*, ProQuest Ebook Central



Content analysis: Evaluate caregiver and patient interaction to understand long term mental health outcomes. Determine before and after effects of self-care intervention events through survey responses.

Contribution to practice: Develop ways for non-HCPs to identify burnout or when they are feeling fatigue and employ self-care intervention techniques

Contribution to theory: Contribute qualitative and quantitative research for non-HCP burnout and a common narrative of intervention strategies