

Abstract Code: FDI24641-68

THE PHENOMENON OF CAREGIVER BURDEN IN DEMENTIA: A CROSS-SECTIONAL STUDY IN THE ASCOLI PICENO LOCAL HEALTH AUTHORITY

G. D'Angelo¹, M. Acciarri¹, C. Costantini¹, D. Petritola², C. Gatti³, I. Baglioni⁴, G.M. Pace⁵, S. Marcelli⁶

(1) Laurea Infermieristica Univpm, Ascoli Piceno, (2) U.O.C. Neurologia, AST Ascoli Piceno, (3) IFO SOD Cardiochirurgia e Cardiologia Pediatrica e Congenita Utip, AOU Marche, (4) Corso di Laurea Magistrale in Scienze Infermieristiche Univpm, Fermo, (5) Professioni Sanitarie Area Infermieristica-Ostetrica, AST Ascoli Piceno, (6) Corso di Laurea Infermieristica Univpm, Ascoli Piceno, Italy.

Introduction and Aim. Dementia is a neurocognitive disorder characterized by a progressive and chronic decline in cognitive functions. In this context, the role of the caregiver is fundamental for the management of activities of daily living (ADL), but highly exposed to a marked physical, psychological, and economic overload, defined as “caregiver burden”. The present study aims to explore the burnout experienced by caregivers of individuals with dementia.

Materials and Methods. A single-center cross-sectional study was conducted on 100 patients at the Dementia Clinic of the “Madonna del Soccorso” Neurology Unit of the Local Health Authority (AST) of Ascoli Piceno from March 11, 2025, to August 26, 2025, using a validated questionnaire.

Results. Data shows an average age of patients diagnosed with Alzheimer's disease (70%) of 81 years, females (67%), while caregivers are women (75%), daughters (52%) 60 years old. The CBI showed a high burden (>40), finding a significant correlation (Spearman) between the number of caregiver pathologies and CBI score ($p=0.017$) and a highly significant correlation between patient clinical complications and CBI score ($p=0.0003$).

Conclusions. The study confirms a high burden, influenced both by the caregiver's state of health and the complexity of the patient's care, which falls mainly on female caregivers. Although recent legislation has provided for specific funds, it is still desirable to adopt more uniform national regulations capable of providing integrated support to the family network and the social and healthcare system.