

***Female informal caregivers'
daily life with a spouse having
chronic obstructive pulmonary
disease***

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INTRODUCTION

- Chronic Obstructive Pulmonary Disease (COPD) affects about 600 million people in the world.
- In 2020 it is expected to be the third most common cause of death worldwide.
- Tobacco smoking is the biggest risk factor for developing COPD.
- The severity of COPD is classified in four grades, mild, moderate, severe and very severe.
- COPD affects not only the lungs it is also seen as a systemic disease in which a series of complications affecting various organs in the body.



INTRODUCTION...

- The primary caregiver of a person with a chronic disease is a relative, and the person is cared for at home.
- Among those who provide support to relatives, wives and daughters are the most common caregivers.
- The need for help from the spouse is sometimes boundless.
- Informal caregivers are at great risk of ill health due to their caregiving duties.
- The informal caregivers are often the invisible victims.



AIM

The aim of the study was to describe conceptions of daily life in women living with a man suffering from chronic obstructive pulmonary disease in different grades of the disease.



METHOD

- The study had a descriptive qualitative design and used a phenomenographic approach, disclosed by Marton 1981, Marton & Booth 1997.
- Data were collected through individual semi-structured interviews

PARTICIPANTS



Age (years) ¹	72 (53-84)
¹ Values are median (range)	
Duration of COPD in male spouse (years) ¹	7 (2-20)
< 5 years (n)	7
5-10 years (n)	10
> 10 years (n)	4
Reported perceived severity of COPD in male spouses	
Mild	2
Moderate	9
Severe	10
Years lived together ¹	41 (12-60)
Gainfully employed (n)	3
Early retirement	1
50% sickness benefit	1
Retired	16
Marital status (n)	
Married	19
Cohabiting	2

FINDINGS

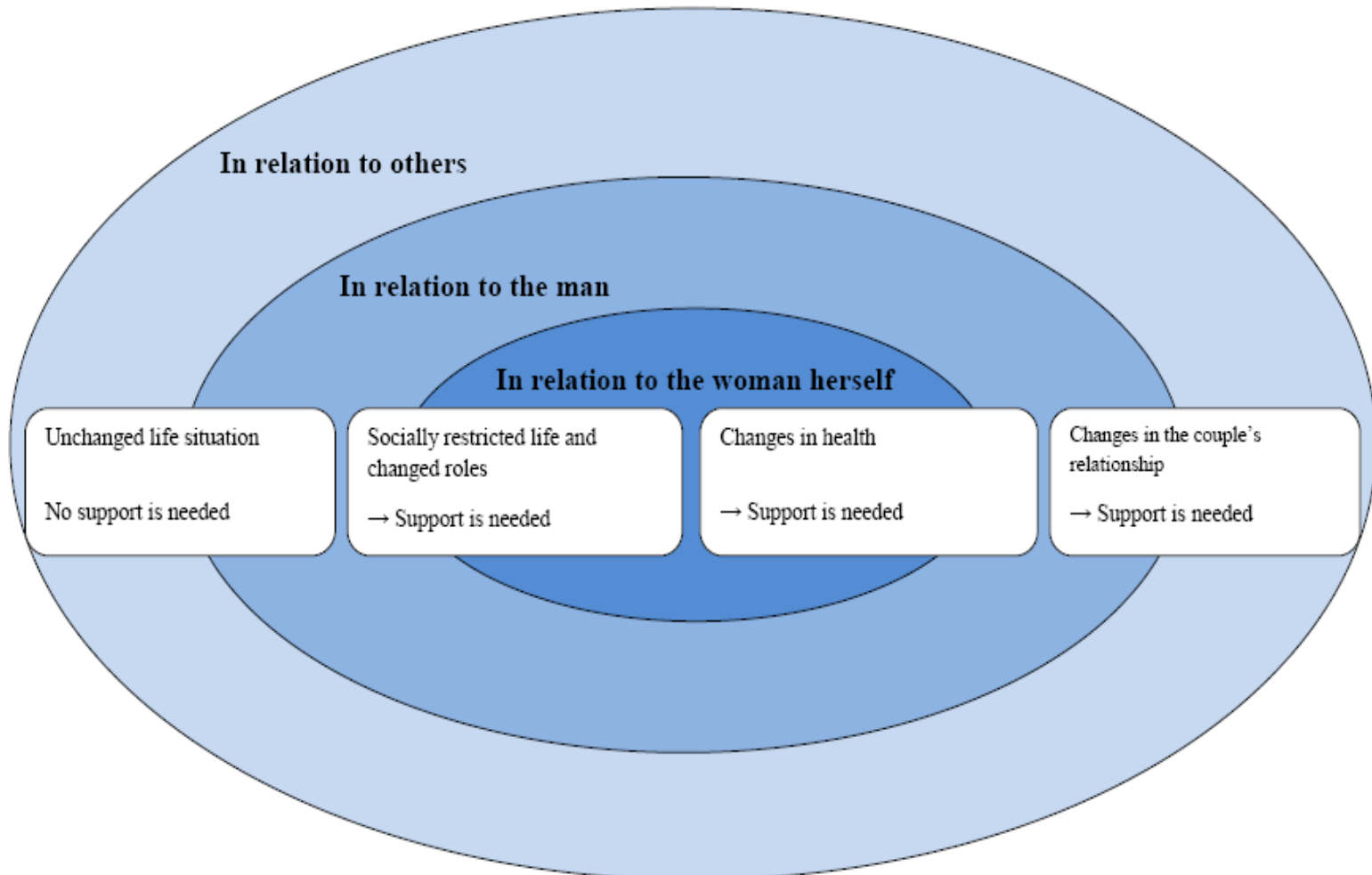


Figure 1: The four descriptive categories described from three perspectives, regarding the varying conceptions of women's daily lives together with a man suffering from COPD represents the outcome space.

CONCLUSION AND IMPLICATIONS



- There is a variation in women's conceptions of their daily life, related to the progress of the disease.
- Health professionals and local authorities need to identify their need for support. The contact should come in at an early stage of the disease.
- It also should include follow-ups as COPD is progressive.
- The women need to obtain knowledge, information, emotional and practical support.
- A spouse plan would be helpful in order to provide sufficient support

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Thank you!

