Carer strain as an outcome measure in holistic neuropsychological rehabilitation

Andrew Bateman, Rachel Goodwin, Kate Greening
Oliver Zangwill Centre for Neuropsychological Rehabilitation, Ely, Cambridgeshire, UK

OBJECTIVE
to further validate the modified Carer Strain Index (mCSI) and explore the index’s suitability as an outcome measure

METHODS

Substantial research has documented that family members of people with Acquired Brain Injury (ABI) experience significant strain. They require long-term support and assistance.

The mCSI questionnaire measures carer strain. Rasch analysis indicates that the mCSI is potentially a robust outcome measure and is best interpreted as measuring 3 subscale aspects of carer strain:

- **Time/practical** e.g. disrupted routines
- **Personal-Emotional** e.g. feeling overwhelmed
- **Personal-Role** e.g. financial worries

Service evaluation data was collected from the carers of 41 male and 25 female clients who underwent an intensive, outpatient, 24-week neuropsychological rehabilitation at the Oliver Zangwill Centre.

Admission criteria for clients included:
- one year post-injury
- aged over 16 years
- A non-progressive ABI
- multiple interacting difficulties
- adequate physical recovery

The mCSI questionnaire data was taken before and after the rehabilitation programme.

RESULTS

Post-rehabilitation there was a significant reduction in carer reported strain on:

- **Time/Practical subscale**
- **Personal-Emotion subscale**

Rehabilitation was associated with alleviation of several aspects of carer experiences of strain

The results emphasise the importance of attending to carer needs as part of holistic rehabilitation

The use of the mCSI as an outcome measure is supported

*Statistically significant p<0.05*