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## Caregiver burden in families of people with mental illness linked to the day hospital program of a tertiary institution in the city of Cali (Colombia)

**Lenis Judith Salazar Torres**

University of Valle, Colombia

**Objective:** To establish the occurrence of the caregiver syndrome in caregivers of people with mental illness linked to the Day Hospital program of a third level institution in the city of Cali.

**Materials and methods:** A cross-sectional, observational, descriptive study was carried out to evaluate the occurrence of the burden syndrome in 70 caregivers of people with mental illness, through interviews and the formal application of the Zarit scale and the WHO-DAS questionnaire 2.0.

**Results:** It was established that 68.6% of the participating population presented some level of burden, the profile of the caregiver corresponds to women, over 55 years old, mother, belonging to the subsidized health system, with low income, and which on average has been exercising the role of caregiver for at least 12 hours a day for 8 years. The longtime of dedication to the activities of the role and the level of demand resulting from the degree of disability of the person being cared for appear as associated factors in the developing of higher levels of burden for the caregiver. A factor to consider in the implementation of intervention and research processes is linking the caregiver as a key agent in the improvement of the quality of life of people with mental illness.

### Biography

Lenis Judith Salazar Torres is an Occupational Therapist, community development specialist, Mg in Neuropsychology, with experience in university teaching in the psychosocial / mental health area - University of Valle- School of Health-School of Human Rehabilitation. Participating as a teacher in graduates and courses for health and education teams in addressing the prevention, treatment and rehabilitation of people who consume psychoactive substances.

lenis.salazar@correounivalle.edu.co