

The Burden Impact on Caregivers of carrier of Duchenne Muscular Dystrophy (DMD), Becker Muscular Dystrophy (BMD) and Limb-Girdle Muscular Dystrophy (LGMD)

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Introduction: The Muscular Dystrophy is one the most frequent genetic disease in the entire world. It is a chronic disease and in its natural course interferences directly the function and independency of the dystrophy's carrier. Most of the time this carrier needs a caregiver to help its daily life activities. This caregiver has to have available time and dedication to take care of the carrier and it can result in a burden and they have an important responsibility in the rehabilitation process.

Objectives: Analyze and compare the burden impact on carrier's caregivers among the three most incidence muscular dystrophy: Duchenne Muscular Dystrophy (DMD), Becker Muscular Dystrophy (BMD) and Limb-Girdle Muscular Dystrophy (LGMD).

Method: This study is being carried out in the Brazilian Muscular Dystrophy Association (ABDIM), Fifty caregivers were interviewed: thirty eight of DMD carriers, seven of LGMD carriers and five of BMD carriers. This fraction was divided according to the proportional rate of the association.

The caregiver profile was evaluated and two instruments were used to achieve the burden impact: the ZARIT Caregiver Burden Interview and the Caregiver Burden Scale (CBS).

Results: The study will be finished in June 2009. With the final result would be possible identify the relation between burden and the profile of caregivers, according to age, scholarship, occupation, kinship, socioeconomic condition; characteristics of the carrier like type of dystrophy, age and functionality; and the accessibility conditions.

Identifying the main difficult in daily routine, the Occupational Therapy program could develops specifics orientations to transform the daily activities easier, decrease the caregiver's burden and improve the life quality of the carrier and caregiver.