Predictors of informal care burden one year after severe traumatic brain injury: Results from Paris-TBI study
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Introduction.– The role of caregivers in multiple sclerosis (MS) is little studied. Their involvement and influence on therapy should be specified to optimize care.

Objective.– This observational study intends to clarify the role, nature of assistance and assess the level of knowledge of the disease among patients and their caregivers.

Methodology.– Two hundred and sixteen MS patient treated with interferon beta 1a over 24 months

Results.– Caregivers (mean age: 42.9 years) were men (58.6%) and spouses from 86.6% of them. Seventy-five percent said they were caregivers since diagnosis of MS. The level of patient information was sufficient but not sufficient for caregivers (P < 0.05). The level and nature of support varies with age, disease duration and EDSS (P < 0.005). “Fighting the disease” and “psychological support” are more commonly finding in the first year of MS and “physical assistance” and “care” after 15 years of evolution.

Discussion.– Studies of caregivers in MS generally concerned patients with high level of disability (EDSS > 6.5). In our population EDSS is relatively low (2.2), yet there is help available from the beginning of the disease.