

Post Caregiver Experience in Reconstruction of Everyday Life

Systematic Review of the Literature



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Background

The family care has been the phenomenon of interest in understanding the effects of care and caregiver burden. The target of death care is a milestone in the trajectory of care that can be for the caregiver a chaotic experience and uncertainty. The loss experience has been studied to understand the grieving process, but the little post care trajectory is known. The nature of post caregiver experience has been little explored, particularly in the reconstruction of everyday life, which remains hidden.

Design

Electronic databases CINAHL; Medline; Cochrane Database of Systematic Reviews, MedicLatina, Psychology and Behavioral Sciences Collection; ISI Web of science; unless otherwise indicated; scielo; Pubmed; Scopus; Nursing Reference Center, were investigated in the period December 2013 to February 2014.

Keywords

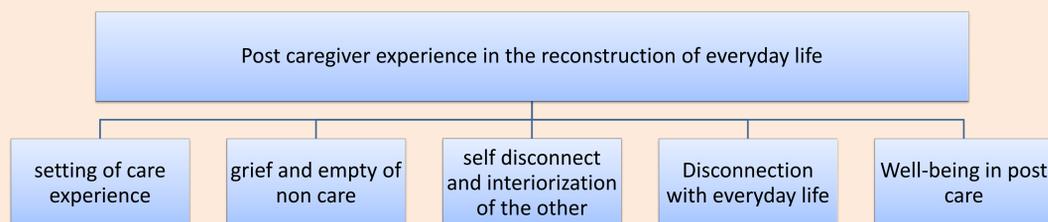
Post caregiver; reconstruction experience, post care trajectory; everyday life. There was a search of the descriptors of the United States of National library of National Institutes of Health of the above keywords. It was necessary to use keywords in natural language since they are not identified as validated descriptors

Inclusion criteria

Inclusion criteria: Qualitative studies (phenomenological, grounded theory, ethnographic action research, discourse analysis and feminist research) and / or quantitative (descriptive and cross-methodology) that illustrate the experience and / or rebuilding trajectory of everyday life post caregiver. Participants aged over 18 years with caregiving experience (to have fathered caregiver / mother, husband / wife, son / brother) in a period less than one year, and who have ceased to care for more than 1 year (established minimum limit, because it is the mourning period established by various authors), for care target of death. This includes further studies on the context and the results are related to the description, understanding and / or illustration of the experience and / or care after the target path and after the death care in the reconstruction of everyday life.

Results

We identified five studies focusing on aspects of the reconstruction experience of everyday life post caregivers (n = 5). The methodological quality of the studies was assessed using the methodological tools of the JBI (2011) for the qualitative approach - Qari Critical Appraisal Checklist for Interpretive and Critical Research - and quantitative - MASTARI Checklist Critical appraisal tool for Descriptive / Case Studies Series, data extraction was done according to the central aspects of the selected articles, and presented in context. Then the data analysis took place in a systematic process of identifying issues related to the phenomenon under study, presented in the narrative summary.



Grafic 1 Illustration of post caregiver experience in the reconstruction of everyday life

Research Strategy

Objective

Integrate and summarize the post caregivers experience in the reconstruction of everyday life. Conduct a systematic review of literature along the lines of Joanna Briggs Institute (JBI) Reviewers' Handbook (2011).

Question (PICO)

What is the post caregiver experience in the reconstruction of everyday life?

Diagram of Study Selection

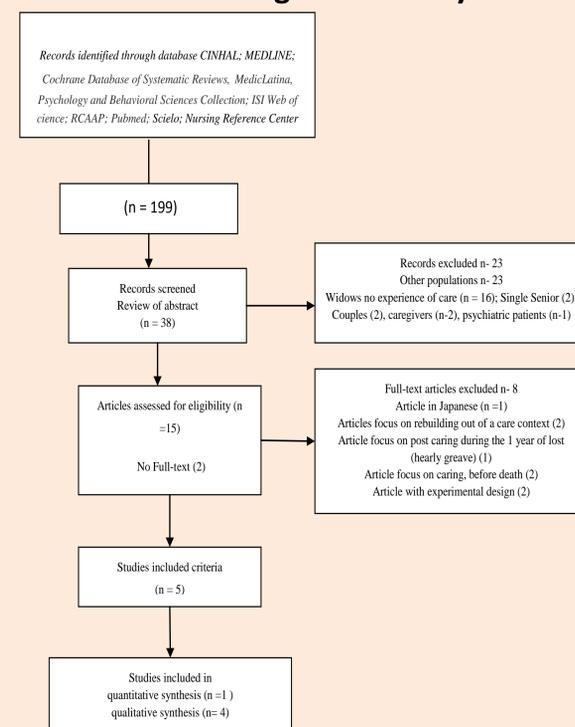


Diagram 1 - Selection of studies of systematic review of the literature on post caregiver experience in the reconstruction of everyday life

Emerging themes

Emerge five aspects to the experience of everyday life post caregiver, the frame of the caregiving experience (prior experience to care Target death), disconnecting themselves and internalization of the other (inclusion and appreciation of the care target face you), grief and emptiness of not caring (loss of feeling caregiver target and loss of caregiver role), disconnection with everyday life (disconnection with leisure and social networking during and prior to the period to care for) and well-being the post care.

Conclusions

This review suggests that the post caregiver experience has focused on the impact of care, highlighting as a structural building a support network (social and financial support). The reconstruction of everyday life as a positive path does not emerge data. The realization of this RSL raises the need to unveil the phenomenon of reconstruction of everyday life post caregiver. So future studies should focus on the retrospective narrative of post caregivers how to build "the fabric of ways of being and" after care, identifying strategies that can help post-caregivers to reorganize their lives, re-meet friends and family and restore the role of caregiver.

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