

P01-247

EXPERIENCES OF FAMILY CAREGIVERS OF PATIENTS WITH BIPOLAR DISORDER

F. Shamsaei¹, S. Mohamad Khan Kermanshhi¹, Z. Vanaki², E. Hajizadeh², M.R. Hayatbakhsh³

¹Nursing, ²Tarbiat Modares University, Tehran, Iran, ³School of Population Health, The University of Queensland, Queensland, QLD, Australia

Background: Attention to caregiving consequences has been mainly restricted to bipolar disorder, although studies suggest that relatives of bipolar patients also experience considerable distress.

Aim: The purpose of this study was to explore the lived experiences from family member caregiver with bipolar disorder patient.

Methods: In a qualitative research of phenomenological methodology, the family member's caregivers of bipolar disorder in farshian psychiatric hospital in Hamedan (Iran) were selected by purposive sampling in the year 2010. By reaching data saturation the number of participant was 12. Data were gathered through in-depth interviews and analyzed by "Van manen" method.

Results: Analysis of the interviews revealed six major themes: emotional impact, physical impact, social impact, Financial Impact, Disruption of family functioning and social support needs.

Conclusions: Highlight the need for family-oriented mental health services to be developed and for further research to identify the specific nursing interventions that are effective in helping to sustain family caregiving.