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abstract

Exploring The Experiences of Caregivers of Bone Marrow Transplant Patients at Tertiary Care Hospital Karachi Pakistan

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Exploring The Experiences of Caregivers of Bone Marrow Transplant Patients at Tertiary Care Hospital Karachi Pakistan

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Introduction: It is crucial to comprehend the comprehensive effects of BMT by considering the perspectives of caregivers, who frequently bear heavy physical, emotional, and psychological burdens. Caregivers are outstanding individuals who care for their loved ones undergoing bone marrow transplants. They play a crucial role in the treatment of BMT patients. The purpose of the study was to explore the experience of caregivers of bone marrow transplant patients in tertiary care hospital, Karachi. Pakistan. The study explored the factors that influenced caregiver experiences, and mechanisms involved in coping with the stress and emotional toll of caregiving.

Methodology: An exploratory descriptive qualitative method was used. Nine caregivers of adult bone marrow transplant patients were identified through purposive sampling. The caregivers' experiences were gathered through semi-structured in-depth interviews.

Results: Data analysis identified three main themes: Conquering Transplant Challenges, Re-

silience in providing care and Caregivers recommendation. Conquering Transplant Challenges highlight the experiences and challenges faced by the caregivers. The second theme, Resilience in providing care, reflects that despite these hurdles, caregivers display remarkable resilience and dedication towards their caregiving role. The third theme, caregiver recommendation underscores the importance of peer guidance and support group for caregivers before and during the care-giving period.

Conclusion: The study revealed that caring for HSCT patients brings unique challenges for caregivers, who may struggle to balance their caregiving responsibilities with their personal lives due to the complex nature of the treatment and the time it requires. The caregivers mentioned that besides getting help from the healthcare team, they also received informal support from friends and families.