

Quality of life and the serum concentration interleukin - 6 (IL-6), C - reactive protein (CRP) and cortisol in carers of people with dementia

SUMMARY

Introduction. The constant increase in life expectancy and an increase in the population size in the elderly increases the interest in the issues of care for the elderly, who are dependent because of the accompanying disease and require help and the resulting problems faced by their carers. The burden of taking care of a mentee with dementia affects the quality of life. Care for a chronically ill family member can be considered a chronic stress situation that has a significant impact on the caregiver's endocrine, nervous and immune systems.

Aim of the study. Assessment of serum concentration: interleukin - 6 (IL-6), C - reactive protein (CRP) and cortisol, as well as broadly understood quality of life in carers of people with dementia.

Materials and methods. The study involved 142 carers of people with dementia, divided into a subgroup of family carers not working and working professionally and professional mentors. The control group consisted of 30 people. The psychometric study was conducted using six standardized questionnaires. To determine the concentration of IL-6, CRP and cortisol, blood was collected from the Respondents in the Collection Point at the Independent Public Central Clinical Hospital in Warsaw. The research was conducted from 27 July 2016 to 28 April 2017.

Conclusions. Taking care of a person with dementia contributes to a decrease in the quality of life in the domain of physical health and the domain of social relations. A positive correlation was found between the concentration of IL-6 in caregivers and the severity of depressive disorders and a negative correlation between the concentration in the serum of cortisol and the result of testing the quality of life in the domain of social relations and between the concentration of IL-6 in the serum and the quality life in the domain of mental health.