

# Education of Caregiver Burden in United States Family Medicine Residency Programs

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## Background

Caregiver burden is associated with increased visits to family medicine physicians. There are concerns that current family medicine residency curricula do not adequately cover the topic of caregiver burden. An increase in caregiver burden coursework may increase the delivered caregiver quality of care from family medicine physicians.

## Survey

An online survey was sent to 352 family medicine residency program directors across the United States, to which 95 family medicine residency programs responded (n=95).

Each program's overall geriatric curriculum, total course hours dedicated to geriatric material, and total course hours dedicated to teaching family medicine residents about caregiver burden were surveyed.

Family medicine residency programs in the United States **lack** structured caregiver burden coursework in their geriatric curricula.



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## Findings

One-fifth (20.93%) of the family medicine residency programs did not have caregiver burden in their curriculum. Reasons for this absence included: unfamiliarity with the topic, a lack of time in the program, or that the programs placed a greater focus on patients' physical health.

The average total course hours dedicated to geriatrics/gerontology over the entire family medicine residency program was 163.9 hours.

The average total lecture hours dedicated to teaching of "caregiver burden" was only 2.32 hours.

## Next Steps

- Compile current coursework on caregiver burden to create short, informative modules for family medicine residents.
- Distribute the compiled caregiver burden curriculum to family medicine residency programs for them to use.
- Send a pre and post - module survey to understand the impact of the modules in the residents' education.