

Table 1. Measures of Caregiving's Physical Health Effects

Online-only content for "Physical and Mental Health Effects of Family Caregiving" by Richard Schulz, PhD, and Paula R. Sherwood, PhD, RN, CNRN, in the American Journal of Nursing, September 2008 Supplement, p. 23-7.

Type of Measure	Specific Indicators
Global health measures	Self-reported health <ul style="list-style-type: none"> • current health • health compared with that of others of same age and sex • changes in health status
	Chronic conditions (assessed with chronic illness checklists)
	Physical symptoms (assessed with Cornell Medical Index)
	Medications <ul style="list-style-type: none"> • how many • type
	Health service use <ul style="list-style-type: none"> • clinic visits • physician or NP visits • days in hospital
	Mortality
Physiologic measures	Antibodies and functional immune measures <ul style="list-style-type: none"> • immunoglobulin levels • Epstein-Barr virus presence • T-cell proliferation • responses to mitogens • response to cytokine stimulation • lymphocyte counts
	Stress hormone and neurotransmitter measures <ul style="list-style-type: none"> • adrenocorticotrophic hormone (ACTH) • epinephrine • norepinephrine • cortisol • prolactin
	Cardiovascular measures <ul style="list-style-type: none"> • blood pressure • heart rate
	Metabolic measures <ul style="list-style-type: none"> • body mass and weight • cholesterol • insulin • glucose • transferrin
	Speed of wound healing
Health habit self-reports	Self-report on daily routines <ul style="list-style-type: none"> • sleep • diet • exercise
	Self-report on health care <ul style="list-style-type: none"> • self-care • medical compliance