



# The Significance of Informal Caregivers' Health Preservation in Improving Patient Outcomes

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## **Abstract**

Informal caregivers play an essential role in supporting patients with chronic conditions. Due to the rise of chronic conditions, informal caregivers not only provide home care but also bridge the gap between the patients and the healthcare providers, becoming the silent stakeholders of the healthcare systems around the world, regardless of the cultural context they live in. Yet, the health preservation of informal caregivers, often known as the 'silent patients,' is frequently overlooked. This study highlights the significance of informal caregivers' self-care strategies, health preservation, and their impact on improving patient outcomes. The study aimed to emphasize how informal caregiver's well-being can directly influence patient care and affect treatment outcomes, exploring the interconnected roles of biological, psychological, and social support systems for informal caregivers. Results indicate that healthier caregivers who engage in self-care practices and health-promoting lifestyles provide better care. Notably, practical caregiver health preservation and self-care strategies can alleviate healthcare system burdens by enhancing patient recovery and minimizing hospital readmissions. This study underscores the pressing need for targeted interventions to promote caregivers' well-being, thereby contributing positively to patients' and caregivers' health. The conclusion emphasizes that supporting informal caregivers is not only vital but also a must for their well-being, and pivotal in fostering better patient care outcomes and healthier communities.

**Keywords:** Informal Caregivers, Health-Promotion, Health-Preservation, Patient Outcomes, Treatment Outcomes