



## CONFERENCE ABSTRACT

# Diet intake, physical activity and carer burden among carers from Low and Middle Income Countries (LMICs): A Protocol for systematic review and meta-analysis

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### Abstract

**Background:** People suffering from disability or chronic diseases are mostly assisted by family members or friends in an unpaid capacity, termed as carer. Carer assist in daily activities of dependent. However, the role of care is generally least recognized in Low and Middle Income Countries (LMICs). The literature indicates that the carer role can lead to burden and affect daily life due to time and financial constraints, and lack of support which can affect the diet, physical activity, and wellbeing of the carer. To best of our knowledge, there is no collective information on this topic. Thus, the aim of this research is to appraise the literature regarding diet quality, physical activity, and burden on carer's from LMICs. **Methods:** The study will be registered in PROSPERO in January 2017. Databases for searching literature will include Medline, CINAHL, Cochrane library and Scopus. Research that assesses nutrient intake, physical activity and carer burden conducted in LMICs will be included. LMICs will be identified according to World Bank classification. There will be no restriction on year of publication. One researcher will collect eligible researches, 10% will be randomly selected to reassess by two independent researchers. For the appraisal of quantitative researches, Preferred Reporting Items for Systematic Reviews will be used. For qualitative research, Enhancing Transparency in Reporting the Synthesis will be the preferred tool. Qualitative data will be entered NVivo software and thematic analysis will be performed. For quantitative researches, the obtained data will be entered on Excel sheet and meta-analysis will be performed where possible, using STATA 14. **Discussion:** This will be the first attempt to understand the carer's diet, physical activity and carer burden in LMICs. Inclusion of both quantitative and qualitative research will provide in-depth information and deeper understanding of topic. Moreover, useful to understand the effect of different cultures of LMICs on carer role and positive or negative effects on life style. This research will be valuable to draw attention of researchers, academia, and policy makers for in-depth researches, cultural specific interventions and initiation of health promotion programs to improve quality of life in this vulnerable group.

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