

The project sought to understand the experiences of working professionals who are also the caregiver for others with a health care issue. A caregiver in this research study is an individual who provides personal, financial, social, physical, and or psychological support from individuals other than themselves. It has believed that a significant number of professionals serve as a caregiver for individuals such as, but not limited to, a parent, partner, significant other, spouse or child.

Caregivers serve as an extension of the health care system (Caregiver Action Network, n.d.; Swartz & Collins, 2019). The literature reflects individuals who have stepped into the role of caregiving with little to no preparation. They are often ill-prepared to deal with the challenges as they add this role to their already busy lives as professionals (Hilbrecht, et al., 2017). These challenges will continue to increase, as one in five adults, by 2030 will require assistance with activities of daily living (Swartz & Collins, 2019). Well-being is impacted by feelings on inadequate time, work-life fit, personal health issues, and reduced social resources (Hilbrecht, et al., 2017).

The research design utilized was narrative inquiry; this approach provided us the opportunity to study the experiences as expressed in lived and told stories of individuals. Participants were recruited using social media and word of mouth. The overarching question was "Would you please describe to me in detail the experiences you had with [your parent, your family member, your friend, your client, your patient- as appropriate] as a working professional who is also a caregiver? By utilizing an unstructured interview method, clarifying questions emanated from the conversation.

There were twenty participants in the study. We used basic descriptive analysis for coding and developing themes. The overarching theme is: Life Disrupting. The sub-themes are It's Not Fair!, Doing the Right Thing or Doing What You Have to Do, and Self –Care is Not an Option.

Nurse practitioners and other healthcare team members should inquire if their adult patients are caregivers. This provides them with an opportunity to educate on the family or friend's health condition, coping strategies, outlook, and potential care decisions. Knowing more about these situations will identify those who might otherwise be missed and need screenings for stress, anxiety, and depression. Caregivers might not know how to utilize their nurse practitioner or other members of the health care team to support them in their caregiving role.