Evaluation & Follow-Up Results of a Healthcare Professional Education Course: Improving Quality of Life & Quality of Care of Oncology Family Caregivers

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Disclosure

I, or an immediate family member, including spouse or partner, have NO financial relationship(s) relevant to the content of this educational activity.
Objectives

- Discuss significance of Family Caregivers (FCG)
- Describe FCG project
- Provide course evaluation & follow-up results
- Present examples of successful projects

Significance

- Provide most care for cancer patients
- Receive minimal training & support for care giving
- Face increase in scope & complexity of care giving responsibilities
- Overlook own physical & psychosocial needs

Family Caregivers’ quality of life effects the quality of care they provide for their loved ones
Family Caregiver Project

Goals:

• To develop & implement a curriculum for healthcare professionals
• To improve the quality of life & quality of care for FCGs by strengthening support in cancer care settings

Supporting Family Caregivers

Physical
Psychological
Social
Spiritual
Method...

- Present 4 national training courses to 400 interdisciplinary healthcare providers from 200 cancer centers
- Curriculum based on Quality-of-Life Model

...Method

- Develop 3 FCG goals during course & implement in home institution
- 18-month follow-up & ongoing support from FCG project office
  - Goal updates
  - Educational Programs - healthcare providers
  - Institutional surveys
  - Phone interview with FCG project office
Results - Demographics

Participants N=397  |  Teams N=192  |  States: N=42 + DC

Multidisciplinary Teams
- Nurses
- Social Workers
- Physicians
- Chaplains
- Administrators
- Health Educators
- Professors
- Dietitians
- Psychologists
- Psychotherapists
- Physician Assistants
- Public Health Professionals

Type of Institutions
- NCI Cancer Centers
- Community Cancer Centers
- VA hospitals
- Community Agencies
- National Health Care System
## Results - Evaluations

Scale: 1-5 (5=Excellent)

<table>
<thead>
<tr>
<th>Course</th>
<th>Overall</th>
<th>Content</th>
<th>Met Objectives</th>
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<tbody>
<tr>
<td></td>
<td>4.8</td>
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<table>
<thead>
<tr>
<th>Faculty</th>
<th>Clarity</th>
<th>Quality</th>
<th>Value to Practice</th>
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## Results – Short & Long Term

**Follow Up: Phone Interview**

<table>
<thead>
<tr>
<th>Course</th>
<th>18 Month</th>
<th>N</th>
<th>Response Rate</th>
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<tbody>
<tr>
<td>Course 1</td>
<td>18 Month</td>
<td>44/44</td>
<td>100%</td>
</tr>
<tr>
<td>Course 2</td>
<td>18 Month</td>
<td>67/64</td>
<td>97%</td>
</tr>
<tr>
<td>Course 3</td>
<td>18 Months</td>
<td>44/42</td>
<td>95%</td>
</tr>
<tr>
<td>Course 4</td>
<td>12 Months</td>
<td>37/34</td>
<td>88%</td>
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Results – Top 10 Goal Themes…

1. Support group development, enhancement/continuation
2. Development or procurement of printed materials
3. FCG and staff education
4. FCG assessment tools
5. FCG orientation
6. FCG resources (printed & online)

…Results – Top 10 Goal Themes

7. FCG/patient unit-of-care approach
8. Forming coalitions with community family support agencies
9. Redesigning institutional websites to include user-friendly links/tabs for FCG resources
10. Development of patient/FCG advisory committees
Evaluation

Outcomes:

- **Short term (< 1 yr.)** Awareness
- **Intermediate (2-5 yr.)** Integrate into practice
- **Long term (> 5 yr.)** Difference it has made

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Project: Support Groups

Caregivers’ Support Group

- Meets monthly
- Peer-support forum

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City of Hope: MSW/MSW
Project: Support Groups

2nd Annual Neuro-Caregiver workshop

- **Morning** - all together for common issues
- **Afternoon** - break out into special interest group i.e. brain tumors; age related dementia; Alzheimer’s
- **End of day** - all together with FCG panels to share

UCSF Neurosurgery Division of Neuro-Oncology: MD/MSN

Projects: FCG Website

[HELP FOR CANCER CAREGIVERS](www.helpforcancercaregivers.org)

- Online tool providing cancer information & resources FCGs need to care for their own health
- Walks users through a brief survey & then provides personalized information to help monitor, track, & manage the personal health challenges they face as a result of their caregiver role

Developed Collaboratively by CancerCare, Michigan State University, Indiana University, Caregiver Action Network, & Wellpoint

Wellpoint: MPH/no teammate
Project: Caregiver Resource & Respite Room...

- Post FCG course wrote grant request for funding to remodel resource/respite room (Material/content from course used in grant request)

- Space totally remolded - Peaceful, quiet, welcome space with:
  - Computers
  - Printed resources e.g. NCI booklets
  - Comfortable chairs
  - Flat screen TV
  - Meeting rooms

Institute for Pediatric Cancer and Blood Disorders: MSW/MSW

...Project: Caregiver Resource & Respite Room

- Opened March 2013 with participation from community organizations & hospital staff

- Used for:
  - FCG centered programming e.g. Camp Fair, Educational Movie Day, Chair Yoga, & Mother’s Day Event
  - Family meetings & therapeutic sessions offered by Psychosocial team
  - Weekly Out-Patient Psychosocial Nsg Rounds

Institute for Pediatric Cancer and Blood Disorders: MSW/MSW
Project: Stage One
Online Chinese Resource

Cancer Center Chinese Caregiver Resource

- Stage One (6-mo)
  - 5 page resource
  - Chinese & English
  - Definitions tips & resources including COH Chinese website, local agencies, & online Chinese links

- Stage Two (18-mo)-planned
  - Tri-fold brochure listing the caregiving tips & resources guide for mass distribution/dissemination

City of Hope: MSW/Health Educator

Usefulness

Overall the course:

- Provided essential content for an in-depth understanding of FCG needs
- Offered valuable information on building support structures to address these needs