

# Inclusion of Self-Care in the Interdisciplinary Program Development and Evaluation of an HCT Discharge Class for Caregivers

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## BACKGROUND

- Caregivers can experience significant stress when caring for Hematopoietic Cell Transplant the HCT patient
- Caregivers report a lack of support and skill in self-care and higher rates of depression and anxiety
- The burden of caregiving can negatively impact caregivers' physical and mental health, and the patient's recovery

## PURPOSE

- To address HCT caregiver stress and needs, an interdisciplinary team was established to develop the HCT Discharge Class for Caregivers.
- The team consisted of oncology Clinical Social Workers, Nurses, a health education specialist, and consultative members of the transplant program (hematologists, dietitians, physical and occupational health therapists, etc.)
- The class purpose is to prepare caregivers in the care of the HCT patient at home, identify resources and promote caregiver self-care

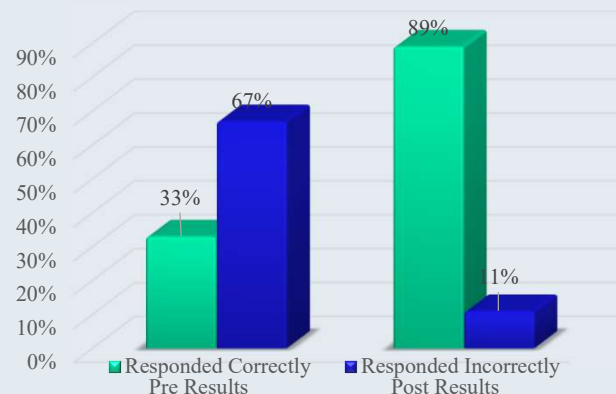
## INTERVENTIONS

- Two hour classes in the hospital co-lead by RN and CSW delivered via oral presentation
  - English class offered twice a month
  - Spanish class offered once a month
- The CSW provided education on self-care practices, sexuality, relationship adjustments, and caregiver resources.
- The RN covered the home environment, pets, socializing, food safety, nutrition, infection precautions, medication management, daily health assessment, graft versus host disease, and communicating with the medical team.
- PowerPoint presentations were supported by print materials, a caregiver toolkit, and open discussion of caregiver concerns.

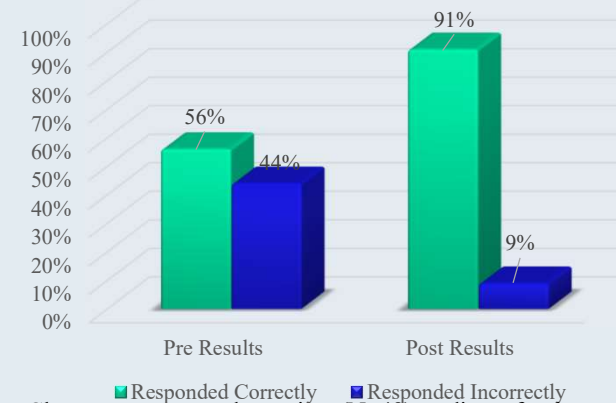


## RESULTS

### Knowledge gain: temperature at which to call the doctor



### Knowledge gain: type of mask the patient should use



- Class survey assessed caregiver (N=48) readiness for the care of the HCT patient at home and self-care awareness.
- Pre and post surveys were analyzed by a paired t-test using a 0-10 point Likert scale; statistical significance was set at alpha=0.05.
- Scores for **“readiness to care for the patient”** were significantly higher in the Post-study group (M=8.63, SD=2.21) than in the Pre-study group (M=6.81, SD= 2.83), t(48)= -3.50, p<0.05.
- Scores for **“awareness of one’s own needs as a caregiver”** were also higher in the Post-study group (M=8.83, SD=2.09) than in the Pre-study group (M=7.33, SD=2.48), t(48)= -3.21, p<0.05.

## Summary

- Results indicate that this class promotes caregivers knowledge gains, increases in readiness to provide patient care post-discharge and increased awareness of their own self-care needs.

## TAKEAWAYS

- Nurses are in a prime position to assess and advocate for caregivers needs
- Nurses can acknowledge caregiver needs and refer the caregiver to programs and services that educate and support their role as HCT caregivers
- This educational initiative benefited from the interdisciplinary oncology care team knowledge and skills to create a class that supports home care of the HCT patient while directly addressing caregiver self-care needs
- Our experience to date, demonstrates that this class is effective in providing caregivers’ education in the care of the transplant patient at home and self-care awareness in the caregivers

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