



COMFORT CARE NEEDS OF CANCER FAMILY CAREGIVERS (FCG) IN OUTPATIENT PALLIATIVE CARE



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Introduction

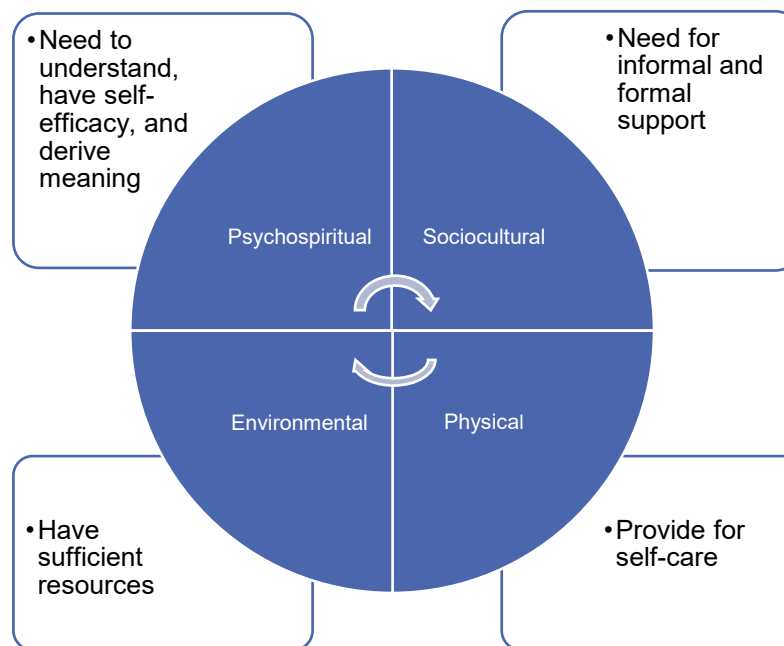
- Palliative care rapidly expanding to care for chronic conditions, including cancer
- Cancer patients require management of symptoms like pain, nausea, and vomiting
- Palliative care fills gap for those ineligible for hospice
- FCGs highly stressed providing cancer care
- Lack of research on FCGs in outpatient palliative care
- **Purpose of Study: Better understand the challenges faced by cancer family caregivers who receive services from outpatient palliative care teams.**
- **Research Question: What are the comfort needs of family caregivers of patients with cancer receiving outpatient palliative care?**

Methods

- Qualitative secondary analysis of exit interviews
- N = 39 participants
- Original study was RCT of a FCG support intervention
- Participant inclusion criteria
 - 18 years or older
 - FCG to adult receiving outpatient palliative care
 - Able to read and speak English
- Inductive thematic analysis of data
- Kolcaba's Comfort Theory as organizing framework

Results

Themes Describing Family Caregivers' Comfort Needs by Context of Experience



FCG Participant Characteristics

- Age, mean (SD) 52 years old (12.6)
- 64% female
- 59% spouse, 21% child/grandchild
- 95% Caucasian
- 70% Co-reside with cancer patient

Conclusion

- Comfort theory helped explain FCG's needs within 4 contexts of experience
 - Theory consistent with national palliative care guidelines
- Comprehensive, holistic assessments of FCGs are uncommon
- FCG's needs within the 4 contexts of experience can be used to tailor evidence-based interventions to increase quality of life and reduce burden and distress
- Kolcaba's Comfort Theory has utility in the study of family caregiver stress in palliative care
- Further study is recommended to determine if FCG comfort needs similarly experienced by racial and ethnic minorities

Definitions

RCT = Randomized controlled trial

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Related publication:

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