

PROJECT OVERVIEW:

Improving the psychological wellbeing of family caregivers of home based palliative care patients: a randomised controlled trial

Purpose:

This study will examine the effectiveness of a psycho-educational intervention aimed at promoting coping and psychological wellbeing in family caregivers caring for a relative receiving home-based palliative care.

Duration:

This is a three year multi-site project commencing in the later part of 2007.

Funding Body:

National Health and Medical Research Council

Chief Investigators:

Dr Peter Hudson
Director, Centre for Palliative Care Education & Research
Prof Tom Trauer
Professor, Mental Health Service, St Vincent's Melbourne
Prof Brian Kelly
Director, Centre of Rural and Remote Mental Health, University of Newcastle

Associate Investigators:

Prof Linda Kristjanson, Assoc Prof Lynn Oldham, Mr Christopher Hall, Dr Michael Summers, Dr Victoria White

International investigator:

Dr Kelli Stajduhar (Canada)

Partners:

Cancer and Palliative Care Unit, Victorian Government Department of Human Services
Greater Western Area Health Service, New South Wales
Melbourne City Mission Palliative Care Service, Victoria
Silver Chain Hospice Care, Western Australia

Project Summary:

Family caregivers want information that prepares them for what is involved in supporting a dying relative, on how to provide patient comfort, practical care needs and strategies to minimise their own psychological burden. Our study specifically responds to these identified needs by evaluating a home based intervention that aims to enhance the psychological wellbeing of family caregivers. Family caregivers will receive two home visits from a palliative care nurse, written resources and phone support. A care plan will be developed in partnership with the local palliative care service. The project will be evaluated using a randomised controlled trial.

If you have any questions about this study, please contact Centre for Palliative Care Education & Research at 03 9416 0000 or cpcpa@medstv.unimelb.edu.au

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