

PROJECT OVERVIEW:

Helping family caregivers of palliative care patients manage their role: evaluation of a hospital based group education intervention

Purpose:

This study will develop and evaluate an educational program offered to family caregivers who are supporting a relative who is receiving palliative care in an in-patient setting.

Duration:

This is a two 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

Assoc Prof Elizabeth Lobb

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Assoc Prof Lynn Oldham

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Associate Investigators:

Prof Linda Kristjanson, Ms Karen Quinn, Dr Michael Summers, Dr Kirsten Auret

International investigator:

Dr Kelli Stajduhar (Canada)

Partners:

Calvary Health Care Bethlehem, Victoria

Cancer and Palliative Care Unit, Victorian Government Department of Human Services

St John of God, Murdoch Community Hospice, Western Australia

Sydney, New South Wales site (to be appointed)

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 developing and evaluating a group education program in an in-patient setting for family caregivers of palliative care patients to help them manage their caregiving role. Each education program will involve approximately six family caregivers; it will be conducted very soon after their relative has been admitted to the palliative care unit. The program will be of two hours duration (including time for data collection) and will be facilitated by a suitably qualified health professional. Written resources will be provided and caregivers will be given the opportunity to meet with staff from the multidisciplinary team. Referrals for scheduled consultations will be made where relevant. The program will be comprehensively evaluated via pre-test post-test design.

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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