

Nurse's Role in Educating Family Caregivers: Literature Review

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Family caregivers are often the primary source of social and emotional support for patients and play a significant role in how well patients manage their illness (Johansen et al., 2018). Throughout this paper, cancer patients and their family caregivers will be of discussion. Cancer patients experience multiple and frequently severe symptoms; therefore, having support is crucial. This literature review's overall purpose will be to discuss how nurses can improve caregivers' readiness and its overall effect on the patient and family involved.

Interventions to Improve the Preparedness to Care for Family Caregivers of Cancer Patients

The preparation of family caregivers for the care process of cancer patients is crucial for the future of oncology nursing. This article discusses how nurses can use their education and clinical skills to contribute to the education of caregivers (Bilgin & Ozdemir, 2022). Cancer patients need long-term care because of numerous complications and symptoms associated with cancer. Overall, caregiver dependence increases drastically (Bilgin & Ozdemir, 2022). The providers' essential responsibilities include symptom management, medication monitoring, transportation, care coordination, and emotional support (Bilgin & Ozdemir, 2022). The overall purpose of this article was to increase the readiness among caregivers. The preparedness balances the negative impacts that come along with caregiving (Bilgin & Ozdemir, 2022).

Key Points

The article's interventions aimed at increasing caregiver preparedness are crucial. Interventions include education, support, self-care, and psychoeducational programs conducted by a nurse-led or interdisciplinary team (Bilgin & Ozdemir, 2022). These interventions address caregivers' roles, information about the particular disease, treatment, symptom management, infection prevention, nutrition, and coping (Bilgin & Ozdemir, 2022). The family caregivers have essential responsibilities, which is why the practices to improve care are the most critical pieces of this article. This article revealed that nurse-led interventions were more effective in the learning process for caregivers (Bilgin & Ozdemir, 2022). This article employed a meta-analysis study design. Researchers searched numerous reputable medical sites for recent, pertinent studies (Bilgin & Ozdemir, 2022). In order to acquire information, a search of the databases yielded one thousand nine hundred and seventy-five studies (Bilgin & Ozdemir, 2022). Home visits and clinical training processes were involved in this study to educate family members (Bilgin & Ozdemir, 2022). Age and gender-based classifications were the two categories for the participants. Older than sixty and under sixty (Bilgin & Ozdemir, 2022). The quality assessment instrument for quantitative studies was used (Bilgin & Ozdemir, 2022). The data was very significant. It showed that applying these interventions can benefit caregivers' preparedness to care (Bilgin & Ozdemir, 2022). The meta-analysis demonstrated that the level of preparedness was not affected by age. Caregivers of all age groups struggle to carry out caregiver roles (Bilgin & Ozdemir, 2022). The p-value is less than .001, which is statistically highly significant (Bilgin & Ozdemir, 2022). Overall, this author concluded that interventions such as education, support, self-care, and psychoeducational programs benefited the caregivers and helped prepare them for their new roles (Bilgin & Ozdemir, 2022). This author believes that professional nurses should

use their educational and counseling roles to improve caregivers' readiness to care for their loved ones (Bilgin & Ozdemir, 2022).

Assumptions

The author assumed that educational interventions would improve caregivers' readiness to care for their sick loved ones. The author believed that the preparation would balance out the negative impacts that the role has on everyone involved (Bilgin & Ozdemir, 2022). The nurse-led educational initiatives are successful due to their relationship with patients and their families (Bilgin & Ozdemir, 2022).

Deficit/Conclusion

This student believes that the author's line of reasoning is legitimate and resourceful. Family carers need to be ready for the difficulties they will face daily. Studies have shown that caregivers who felt prepared experienced fewer worries during caregiving (Bilgin & Ozdemir, 2022). Increasing the caregivers' readiness is associated with a lower burden and more confidence. Cancer patients encounter difficulties in their daily activities, such as eating, walking, and communicating (Bilgin & Ozdemir, 2022). Family caregivers have to put several efforts into supporting the daily requirements of their loved one, which is why this topic is so important. The implications of this study include educational pieces done by nurses before discharging a cancer patient. If nursing fails to incorporate these implications, cancer patients' care at home will drastically decrease. It would affect the patients' quality of life and create more emotional and physical issues.

References

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