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 teaching 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 aim at increasing caregiver preparedness. 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). 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 readiness 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 caregivers 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.

Investigation of Caregiver Burden, Anxiety, and Depression in Caregivers of the Palliative Patients According to Certain Variables

Cancer patients require a specialized medical and nursing approach because of their disease progress (Soyaslan & Oksuz, 2022). Their caregivers are responsible for symptom management and providing physical, psychosocial, and moral support to the patient and anyone else involved. It is crucial that patients, as well as their relatives, are given the same amount of attention during the palliative care process. Palliative care involves a holistic approach to nursing. Patients under palliative care have chronic and progressive diseases (Soyaslan & Oksuz, 2022). It is inevitable for their relatives to get involved in the care of their loved ones, which is why it is so crucial that their needs are supported (Soyaslan & Oksuz, 2022). The primary purpose of this article was to determine the burden of care, anxiety, and depression levels in caregivers of palliative patients and what factors affect them the most (Soyaslan & Oksuz, 2022).

Key Points

This article focused on investigating the relatives caring for those with chronic illnesses, such as cancer. Levels of anxiety, caregiver burden, and depression were the critical factors discussed and explored throughout this article (Soyaslan & Oksuz, 2022). According to this study, caregivers are more likely to experience anxiety and sadness, which is why adequate training is necessary for caregiving at home (Soyaslan & Oksuz, 2022). Nurses must involve caregivers in the care plans to ensure they feel supported (Soyaslan & Oksuz, 2022). The research method used was a descriptive study (Soyaslan & Oksuz, 2022). The study comprised one hundred relatives of palliative patients who were providing care, ranging in age from eighteen to sixty-five. The caregivers had no vision or hearing impairments and volunteered to participate (Soyaslan & Oksuz, 2022). The hospital's palliative care department granted permission. The participants were informed about the study's objective, and informed consent was collected (Soyaslan & Oksuz, 2022). Data was collected using the caregiver information form, hospital anxiety and depression scale, and zarit caregiver burden interview (Soyaslan & Oksuz, 2022). The caregiver information form involved the participant's sociodemographic information. The format involved questions about the knowledge of caregiving (Soyaslan & Oksuz, 2022). The hospital anxiety and depression scale tested the risk of anxiety and depression in a short period (Soyaslan & Oksuz, 2022). It consists of fourteen items; the minimum score the participants can obtain is zero, and the maximum score is twenty-one (Soyaslan & Oksuz, 2022). The zarit caregiver burden interview determines the burden of caregiving perceived by the individuals (Soyaslan & Oksuz, 2022). This data collection tool used a face-to-face interview to obtain information (Soyaslan & Oksuz, 2022). This study found that caregiving affected individuals' physical and psychological health, increasing the risk for anxiety and depression (Soyaslan & Oksuz, 2022). The palliative patients' relatives had high caregiver burdens, which is highly significant (Soyaslan & Oksuz, 2022). The p-value was 0.001, which is statistically highly influential (Soyaslan & Oksuz, 2022). The author concluded that it would be appropriate to evaluate the caregiver burden for palliative care in terms of the development of anxiety and depression (Soyaslan & Oksuz, 2022). The author believes that determining psychological problems in caregivers benefits the caregiver and the patient and would increase the quality and satisfaction of care (Soyaslan & Oksuz, 2022). Nursing care plans must engage caregivers and provide palliative patient care education.

Assumptions

The author assumed that caregivers of chronically ill patients have an increased risk for anxiety and depression (Soyaslan & Oksuz, 2022). Care burden was the determinant for the development of these mental health illnesses. The results of this study suggested the focus and proper evaluation of burden among palliative caregivers (Soyaslan & Oksuz, 2022).

Deficit/Conclusion

This student agrees with the author's line of reasoning and believes the information presented was beneficial. Due to caregiving, individuals experience physical, economic, and psychological difficulties and feelings such as guilt, anger, and hopelessness (Soyaslan & Oksuz, 2022). Caregivers' needs must be supported equally by the patients. The implications for this study include educational pieces for caregivers on the proper technique of care as well as emotional support from nursing staff. If nursing fails to incorporate these implications, caregivers' mental and physical health will drastically decrease. With this decrease, patient care will also experience downfalls. Nurses' role is to support patients, their care, family, and others involved.

The Effects of a Multidisciplinary Education Course on the Burden, Health Literacy and Needs of Family Caregivers

Family caregivers mostly manage chronic diseases and often face caregiver burden (Cianfrocca et al., 2018). This article discusses the importance of understanding whether a training program could influence caregivers' burden, health literacy, and needs (Cianfrocca et al., 2018). Caregiver education plays an essential role in the management of chronic patients and in enhancing the quality of life of patients and their families (Cianfrocca et al., 2018). It is beneficial to develop guidelines and protocols to define the educational courses, so family members get the best results. This article's primary purpose is to educate family caregivers and ensure they can handle the responsibilities of caring for a chronically ill patient.

Key Points

Family members frequently manage home care, which is crucial because they offer most home care support. (Cianfrocca et al., 2018). The continuous management of therapy and the ability to recognize and cope with progressive decline is a part of the caregiver's role. The most crucial information addressed throughout this article was the discussion of caregivers' ability to provide competent care and what nurses can do better to prepare them (Cianfrocca et al., 2018). By giving family members the correct educational information, the quality of life for the patient will increase. This article included a pre-post experimental study. (Cianfrocca et al., 2018). The research was conducted over a year and involved seventy-six familial caregivers (Cianfrocca et al., 2018). A notice at the entrance to the polyclinic where the interventions took place allowed participants to sign up willingly. (Cianfrocca et al., 2018). Workshops were created among doctors and nurses to give participants a basic knowledge of home care. The decision to hold simulation sessions to illustrate vital signs, correct patient mobilization, manage clothing changes, and first aid (Cianfrocca et al., 2018). All participants had to be informal caregivers caring for one or more relatives affected by an oncological disease. All participants filled out questionnaires: the caregiver burden inventory, caregiver, needs assessment, and the health literacy questionnaire (Cianfrocca et al., 2018). The perceived burden was evaluated using the caregiver burden inventory and scored on a five-point scale. The items had five categories: objective duty related to family's time, developmental, relative to feeling out of sync, physical burden related to tiredness, social responsibility concerning conflicts with jobs, and emotional commitment related to good home and self-care (Cianfrocca et al., 2018). The caregiver's needs assessment tool was a questionnaire consisting of seventeen items that refer to needs that are emotional, physical, cognitive, behavioral, relational, social, and spiritual (Cianfrocca et al., 2018). This tool is an essential source of information to encourage multidisciplinary work. The health literacy questionnaire aimed to assess nine dimensions of health knowledge (Cianfrocca et al., 2018). The sections referred to feel understood and supported by nurses, having sufficient information to manage the disease, actively working on health, social support, and appraisal for health information (Cianfrocca et al., 2018). The study demonstrates that the employment, kinship, and patient age sections have statistical relevance. Caregivers of patients aged forty-one to sixty years showed a significant increase in educational needs (Cianfrocca et al., 2018). Male caregivers showed the most significant increase in educational attainment (Cianfrocca et al., 2018). The p-value is 0.001, which is substantial. Overall, the author concluded that the attendance of training courses increases their support system and enhances the quality of life for patients and caregivers (Cianfrocca et al., 2018). The author revealed that education plays a pivotal role in the management of families and relatives of cancer patients (Cianfrocca et al., 2018).

Assumptions

The author assumed that multidisciplinary training courses for family caregivers enhance their knowledge and decrease caregiver burden (Cianfrocca et al., 2018). The author thought families might successfully care for sick loved ones if given proper training and resources.

Training programs done by nurses and education pieces accomplished before discharge are valuable resources in preparing clients and their families for home care management.

Deficit/Conclusion

This student believes the author's line of reasoning was resourceful and beneficial. The ability of the caregiver to provide skilled care that satisfies the patient's needs ensures the patient's safety and quality of life outcomes. This ability also determines the caregiver's wellbeing, psychological, and physical responses (Cianfrocca et al., 2018). The implications of this article consist of simulation labs and educational pieces done by nurses. If nursing fails to incorporate these implications, safe home care management will be hard to acquire. Without learning tools and information from trained professionals, informal caregivers will struggle to succeed in providing compassionate care for their loved ones.

Conclusion

Patients' primary source of social and emotional support is frequently their family caregivers. They have a significant impact on how successfully patients manage their condition. Support is essential because cancer patients usually suffer from severe symptoms. The main goal of this literature review was to explain how nurses may increase caregivers' preparation and how caregiving affects them physically and emotionally. Caregivers must have the necessary educational materials to guarantee that their loved ones receive the most excellent care possible. This information will have an overall positive effect on patient outcomes. Proper training courses and education pieces done by nurses covers the caregiver's lack of knowledge, which is one of the most important causes of the emotional burden (Cianfrocca et al., 2018). Patients' comfort and confidence in receiving care outside the hospital will increase. Nursing practice will be significantly affected by these implications. Nursing research will be able to analyze how healthcare training addressed to caregivers positively impacts home care management (Cianfrocca et al., 2018). These implications also allow for better communication and trust between the patient's family and nurse. The information presented throughout these articles improves quality improvement involving patient safety and beneficence. The main objective of these articles was to guarantee that patients received the most effective treatment and that family members knew how to provide it. As a whole, the topic of preparing family caregivers will always be of importance in the healthcare field. Chronically ill patients need support from everyone involved in their care, which is why this topic will remain significant.

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