Care for the Caregiver

Bone Marrow Transplant Discharge Planning for Caregivers
How It all began...

- Social Work department identified gaps in hospital’s need for better support for transplant caregivers
- In 2012-Pilot class using a multidisciplinary approach was initiated.
- We have had ~ 19 classes
What’s Entailed...

- Classes held twice a month – every other Wed (with the exception of holidays) in a meeting format.
- Classes taught by Nurse Practitioner along with Social Worker.
- NP speaks 30 min and SW finishes up the remaining 30 minutes.
- Q & A after and during.
Objectives

- Provide caregiver specific tips, tools and resources
- Recognize their own self-care needs
- To help educate the caregivers to:
  - Feel more prepared for the patients discharge home
Class content

Transplant Type
- Auto
- Allo
- Cord Blood

Conditioning regimen
- Chemo
- Radiation
Class content

- Home Prep
  - Pets
  - Plants
  - Cleaning
  - Living
Class content

- Infectious Precautions
  - Masks
  - Cleaning
  - Sanitizing
  - Visitors & Socializing
Class content

- Fitness and Diet
  - How active can one be
  - Low bacteria diet
Class content

- GVHD
  - Acute
  - Chronic
Class content

- Medications
  - How to manage
  - Learning the meds
Class content

- **Symptom Management**
  - Informing the medical team
  - Who to call
  - Urgent symptoms vs Non-urgent
Class content

- Communication
- Resources
- Self care
  - Adjustment
  - Burn out
**Evaluation for BMT Discharge Planning for Caregivers (DATE: __________)**

<table>
<thead>
<tr>
<th><strong>Please rate your personal experience with the BMT Discharge Planning for Caregivers class:</strong></th>
<th><strong>Strongly Disagree</strong></th>
<th><strong>Disagree</strong></th>
<th><strong>Neither Agree</strong></th>
<th><strong>Agree</strong></th>
<th><strong>Strongly Agree</strong></th>
<th><strong>Neither Agree or Disagree</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. After attending this class, I feel better prepared for discharge/going home.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
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<tr>
<td>2. I have a better understanding of how to manage the patient’s medical care at home.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>3. After attending this class, I feel better prepared to communicate with my health care team and/or loved ones.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
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<tr>
<td>4. I am aware of my own needs as a caregiver and how to access resources for myself.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
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<tr>
<td>5. The content of the orientation class was clear and easy to understand.</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
<td></td>
</tr>
<tr>
<td>6. The resources and support information were helpful and informative.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
Feedback

- "teachers are patient and receptive"
- "very informative, really enjoyed the class"
- "very informative – goes well with the COH BMT notebook to further explain the role of caregiver. Thank you!"
- "Thank you for having a class for caregivers. It definitely takes off the burden and gives a boost of confidence."
- "great class – everyone will benefit from this information!"
- "The information provided was helpful and I feel a little more confident in this time of recovery."

Suggestions:
- "include full descriptions of medical terms"
- "provide a caregiver instruction sheet for entering and staying in the hospital with the patient."
- Teach separate auto and allo classes (in process)
- Make available in spanish (in process).
