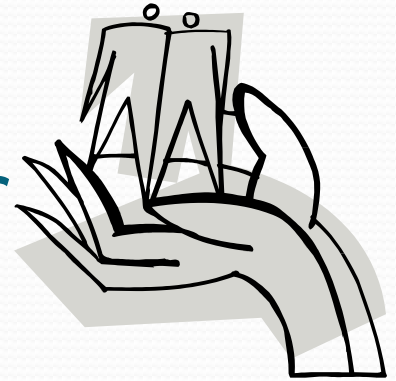


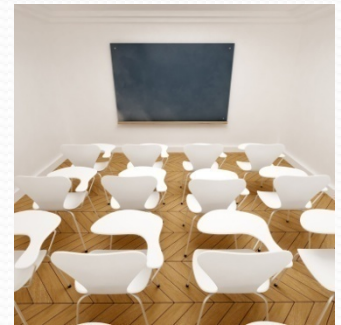
# Care for the Caregiver



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.
- Official Roll out March 2013.
- 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

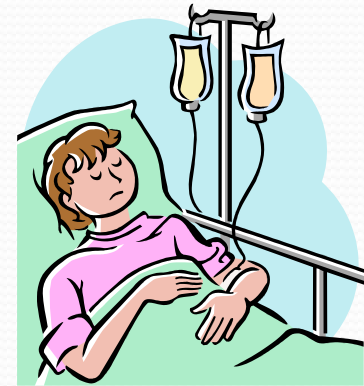
## Transplant Type

- 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: \_\_\_\_\_)

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

# Feed back

- “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).

# References

1. Beattie S, Lebel S, Tay J.(2013). [The influence of social support on hematopoietic stem cell transplantation survival: a systematic review of literature.](#) PLoS One. Apr 18;8(4):e61586.
2. Bevans M, Wehrlen L, Castro K, Prince P, Shelburne N, Soeken K, Zabora J, Wallen GR. (2013). [A problem-solving education intervention in caregivers and patients during allogeneic hematopoietic stem cell](#) Journal of Health Psychology.
3. Bevans M, Sternberg EM. (2012). [Caregiving burden, stress, and health effects among family caregivers of adult cancer patients.](#) JAMA. 2012 Jan 25;307(4):398-403.