

# CANCER NURSING: PROFESSIONAL AND EDUCATIONAL ISSUES IN CANCER NURSING

## CN36 Informal caregivers' contributions to self-care for patients treated with oral anticancer agents: A qualitative study

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**Background:** The use of oral anticancer agents (OAAs) is increasing worldwide. OAAs can be managed by patients at home, but potential side effects must be considered. For adequate management of OAAs, patients should perform appropriate self-care behaviors. Informal caregivers could support and contribute to patient self-care. This study aimed to explore informal caregivers' contributions to self-care for patients undergoing OAAs.

**Methods:** We conducted a qualitative descriptive study with a convenience sample of Italian caregivers (> 18 years) caring for patients treated with OAAs. Interviews were recorded, transcribed, and then analyzed using content analysis with a deductive and inductive approach. Two investigators independently performed a two-round coding of the text. We used the three dimensions of self-care maintenance (i.e., behaviors to maintain illness stable), self-care monitoring (i.e., tracking symptoms and side effects), and self-care management (i.e., management of worsening symptoms) of the Middle Range Theory of Self-Care of Chronic Illnesses to group the extracted codes and categories.

**Results:** We interviewed 23 caregivers (mean age: 57.2 [ $\pm$  15]; 48% male; hours of caregiving per week 87.2 [ $\pm$  60.9]). The content analysis yielded eight categories within the three self-care dimensions. Caregiver contributions to self-care maintenance included activities to support adherence to OAAs, daily life activities, dietary adaptation, and attending oncological visits. Caregiver contributions to self-care monitoring included support for monitoring comorbidities and OAAs-related side effects. Caregiver contributions to self-care management included actions to support the management of OAAs' side effects and emergencies.

**Conclusions:** Informal caregivers play a key role in ensuring patients' needs are met and contributing to self-care, including the management of OAAs treatment. When patients do not perform adequate self-care, caregivers' contribution to patient self-care may be critical for improving patient outcomes. Health care providers should support and empower informal caregivers of patients treated with OAAs.

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## CN37 Patient and public involvement in research: Reflections and experiences of doctoral cancer nurse researchers in Europe

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**Background:** Patient and public involvement (PPI) means doing research with the patient or members of the public wherein they contribute to research design, conduct and dissemination. Evidence shows the need for guidance about PPI among early

career researchers. Our discussions about PPI during a doctoral workshop showed differences in our PPI experiences and the support we received. This motivated us to share our reflections and experiences to highlight gaps in PPI training and support.

**Methods:** Between September to November 2021, cancer nurses from seven European countries who attended a doctoral workshop delivered by the European Oncology Nursing Society submitted written reflections of their experiences of PPI within the context of their doctoral research. Ten written reflective pieces were inductively analysed using reflexive thematic analysis to generate initial themes. Audio-recorded focus groups ( $n=2$ ) with four to six participants were conducted. Focus group data was deductively analysed using the initial themes as framework. Final themes were identified following interpretation and several discussions, until consensus was reached.

**Results:** Four themes were identified in the analysis: (a) evolving recognition and appreciation of PPI, (b) embracing PPI and impact on doctoral studies, (c) the influence of the research environment, and (d) the need to empower doctoral students to integrate PPI in their research journey. Factors such as training, level of support, available funding, and research environment influenced doctoral researchers' awareness and experiences of PPI.

**Conclusions:** Varying experiences of PPI awareness was noted across Europe showing disparity in guidance about PPI for early career researchers. We recommend provision of early PPI training for doctoral students to support and encourage involvement of patients and the public in their research. Opportunities for sharing PPI experiences to help improve PPI culture in research environments that support doctoral students should be explored.

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## CN38 The effect of a mindfulness-based stress reduction program on the pediatric hematology: Oncology nurses' professional quality of life and perceived stress level

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**Background:** It is important to improve the professional life quality and reduce the stress level of pediatric hematology-oncology nurses. What strategies pediatric oncology nurses choose to cope with stress or difficult situations and which strategies are effective is gray in the literature. In our study, it was aimed to apply a Mindfulness-Based Stress Reduction (MBSR) Program to pediatric hematology-oncology nurses and to evaluate the effect on nurses' professional quality of life and perceived stress level.

**Methods:** A pre-test, post-test, one-group quasi-experimental study was conducted with pediatric oncology-hematology nurses who work in a private hospital in Istanbul between November 15, 2021, and June 15, 2022. MBSR Program was applied to the nurses as sessions lasting 60-90 minutes once in a week for eight weeks. Data was collected by the 'Nurse Information Form', the 'Professional Quality of Life Scale-IV' and the 'Perceived Stress Scale'. It is planned to reach 38 nurses in line with the G\*Power (3.1.9.4) program.

**Results:** The mean age of the nurses was 42.80 $\pm$ 7.09, 95% of the female, 45.0% of them has bachelor's degrees, 60% of the single, 90% of them were satisfied with the unit they worked in. The duration of working was 9.20 $\pm$ 7.42, and 35% had previously attended mindfulness training. After intervention, the mean compassion fatigue (CF) (14.10 $\pm$ 6.31), and burnout (18.45 $\pm$ 5.73) scores of nurses decreased statistically significantly compared to the before (respectively 16.75 $\pm$ 7.03;  $p=0.014$ ; 21.10 $\pm$ 7.14;  $p=0.017$ ). No statistically significant difference was found between the mean scores of compassion satisfaction (CS), perceived stress of nurses before and after intervention ( $p>.05$ ). When the effect size of the study was calculated with 95% power and a 5% margin of error, it was determined that  $d=0.42$  and it had a medium effect size.

**Conclusions:** It was determined that MBSR practice decreased the burnout and CF levels of pediatric hematology-oncology nurses but did not affect their perceived stress and CS levels. It is recommended that MBSR practices should be disseminated, and future studies should be conducted in different groups.