

BACKGROUND

Cancer is a severe and life-limiting disease that has affected 1,918,030 new people in 2022 alone. This year in the United States, 609,360 people have died from cancer⁵. 4.6 million people care for someone with cancer at home⁵. Caregivers need psychological care and support to remain effective and maintain their wellness to care for themselves and the cancer patient.

The question asked for this project is:
Are burnout and stress reduced for Oncology caregivers by using an oncology caregiver smart app within six months post-cancer diagnosis

METHODS

Would an evidence-based support app for oncology caregivers help with caregiver health, burnout, and stress? The John Hopkins Nursing Model (JHMEBP) for change is the evidence-based framework for implementing the changes proposed by this MSN project. This model aims to ensure that the latest research findings and best practices can quickly and appropriately incorporate into patient care¹.

- Step 1- Research, analyze, and synthesize data by working with numerous oncology patients and caregivers.
- Step 2- Gather evidence of what kind of support caregivers need and why it is required
- Step 3- Develop a caregiver communication app to guide caregivers in caring for themselves and help care for the different phases of the patient's cancer diagnosis.
- Step 4- Educate caregivers on how to access and use the app.

REFERENCES

1. Dang, D., Dearholt, L. (2017). Johns Hopkins nursing evidence-based practice: Model and guidelines. *Sigma Theta Tau. EBP Models and Tools* (hopkinsmedicine.org)
2. Glajchen M. (2012). The physical well-being of oncology caregivers: An important quality-of-life domain. *Seminars in Oncology Nursing*, ppg. 226-235.
3. Litzelman K. (2019). Caregiver well-being and the quality of cancer care. *Seminars in oncology nursing*, 35(4), 348–353. <https://doi.org/10.1016/j.soncn.2019.06.006>
4. Ngo, V., Matsumoto, G., Joseph, G., Bell, F., Bold, J., Davis, A., Reed, C., & Kim, K. (2020). The personal health network mobile app for chemotherapy care coordination: A qualitative evaluation of a randomized clinical trial. *JMIR mHealth and uHealth*. <https://doi.org/10.2196/16527>
5. Siegel, R., Miller, K., Fuchs, H., Jemal, A., (2022). CA: A cancer journal for clinicians. *American Cancer Society Journals*. <https://doi.org/10.3322/caac.21708>

EVALUATION

The caregiver app aims to improve care coordination, caregiver quality-of-life, and health outcomes for oncology caregivers, resulting in better outcomes for cancer patients and their caregivers³.

- Step 1. Through electronic devices, caregivers can provide feedback about their overall health outcomes, such as those related to their physical functioning, psychological health, and other symptoms.
- Step 2. The evaluation and success of the smart app will be determined by comparing the pre-and post-questionnaire results
- Step 3. After six months of using the smart app, the caregiver will be asked to rate the effectiveness of the help they received.
- Step 4. A questionnaire will be given to the oncology care team to determine if the app has added stress or helped provide clinical care for the patient and caregiver.

DISCUSSION

Mobile application (app) resources provide an excellent solution for addressing this critical healthcare gap. A mobile oncology app can improve caregiver readiness, enhance their quality of life, relieve burnout, and provide guidance, information, and encouragement to caregivers without restrictions on place or time through a smartphone app.

- The smart app will then provide education, resources, and referrals to local and national resources (i.e., physical/occupational therapy, dietitians, home health, and financial counselors) and any foundations or other resources needed (Ferrell et al., 2018).
- The smart app will help place cancer caregivers at the center of the care team, providing high-value, equitable, evidence-based care.
- There will be better communication between the oncology team, caregivers, patients, and care coordination
- Smartphone apps can reduce stress, provide key information, and nudge caregivers to focus on their mental and physical health.



Cancer Caregiver Image What to expect when you become a cancer caregiver - Scrubbing In



Caregiver Resources Image. Caregiver Resources - Life with cancer life with cancer caregiver resources - Life with Cancer

CONCLUSIONS

Whatever the specific circumstances, the role of a cancer caregiver is an enormous responsibility and can be very stressful. Caregivers must prioritize their health and well-being to provide the best care for the cancer patient. There are beneficial tools right in the palms of our hands which will change the nature of oncology care and nursing⁴. A smartphone app will give cancer caregivers a convenient way to access online health information and resources in every phase of the cancer care trajectory and maximize their quality of life.