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VIENNA

**MASCC/ISOO**  
ANNUAL MEETING  
SUPPORTIVE CARE IN CANCER



## Faculty Disclosure

X	No, nothing to disclose
	Yes, please specify:

<i>Company Name</i>	<i>Honoraria/ Expenses</i>	<i>Consulting/ Advisory Board</i>	<i>Funded Research</i>	<i>Royalties/ Patent</i>	<i>Stock Options</i>	<i>Ownership/ Equity Position</i>	<i>Employee</i>	<i>Other (please specify)</i>

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# Supporting Caregivers throughout the Cancer Journey

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*Facilitating Adjustment to Medical Illness in Your Family*

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# **Interventions**

# Cancer Caregiver Interventions

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- ✓ **Meta-analysis and Systematic reviews of interventions with cancer caregivers of adult patients**  
(Northouse et al., 2010; Griffin et al., 2014; Waldron, Janke et al., 2013; Kaltenbaugh et al., 2015; Applebaum & Breitbart, 2013; Li & Loke, 2014)
- **Various Types** (Applebaum & Breitbart, 2012)  
Psychoeducation, Problem-solving/skill building, Supportive therapy, Family/couple therapy, Cognitive-behavioral therapy, Interpersonal therapy, Complementary and alternative medicine, Existential therapy
- **Effect Sizes**
  - Couple-based similar to patient-only or caregiver-only
  - Small to medium - but maybe beneficial

# Cancer Caregiver Interventions

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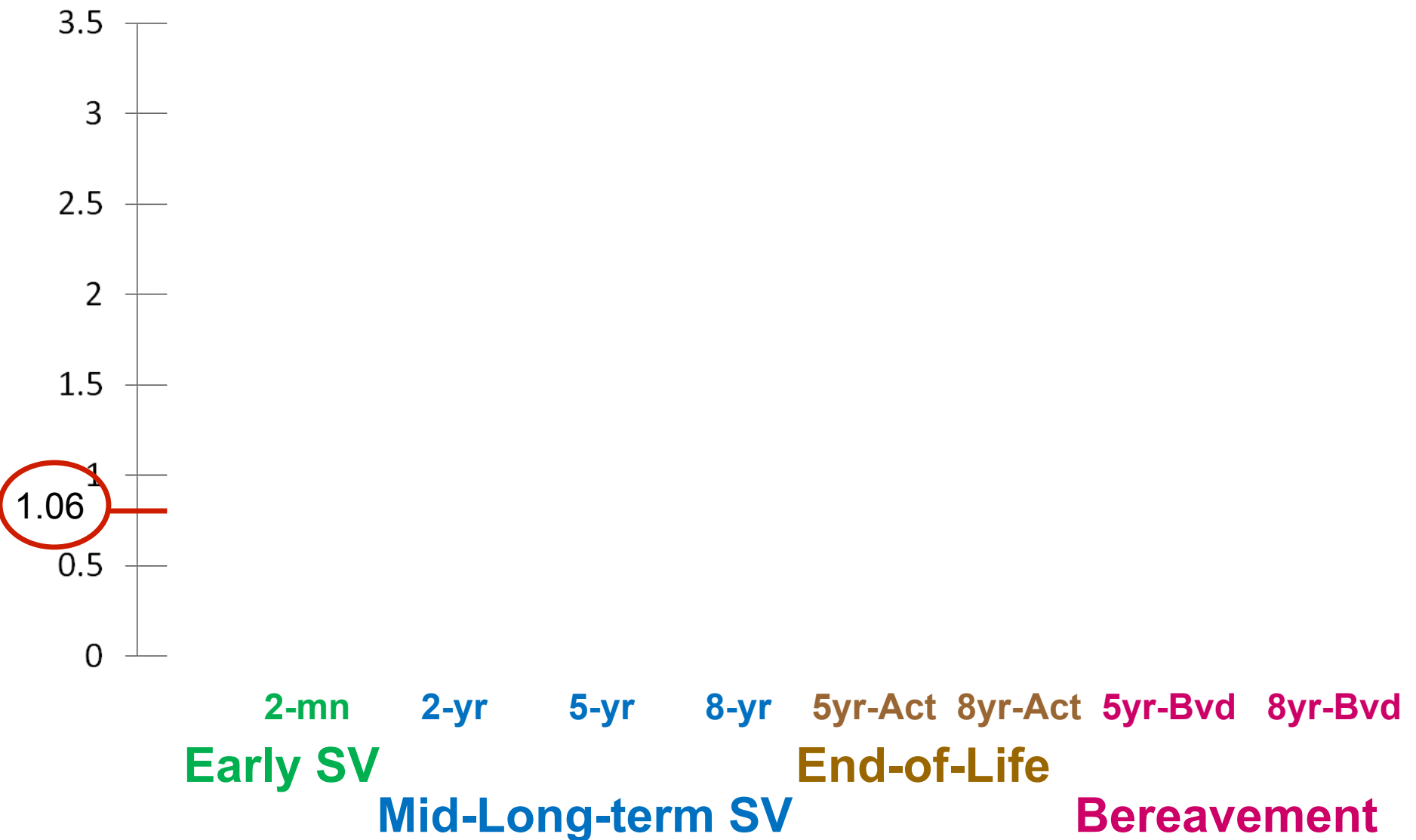
## ➤ Weaknesses & Future Directions

- Insufficient evidence
- Unclear theoretical framework
- Uniqueness of cancer caregiving
  - compare and contrast with other caregiver research
- lack of targeting and tailoring
  - Gender, SES, Sociocultural Factors,  
Country and Culture
- Lack of consideration of the cancer journey;  
brief, if any, follow-up

## Caregivership Phases (Five Seasons)

Early----- Mid-term ----- Long-term -----  
----- End-of-life ----- Bereavement -----  
----- Prevention -----

# Caregiver Psychological Distress (POMS-SF)



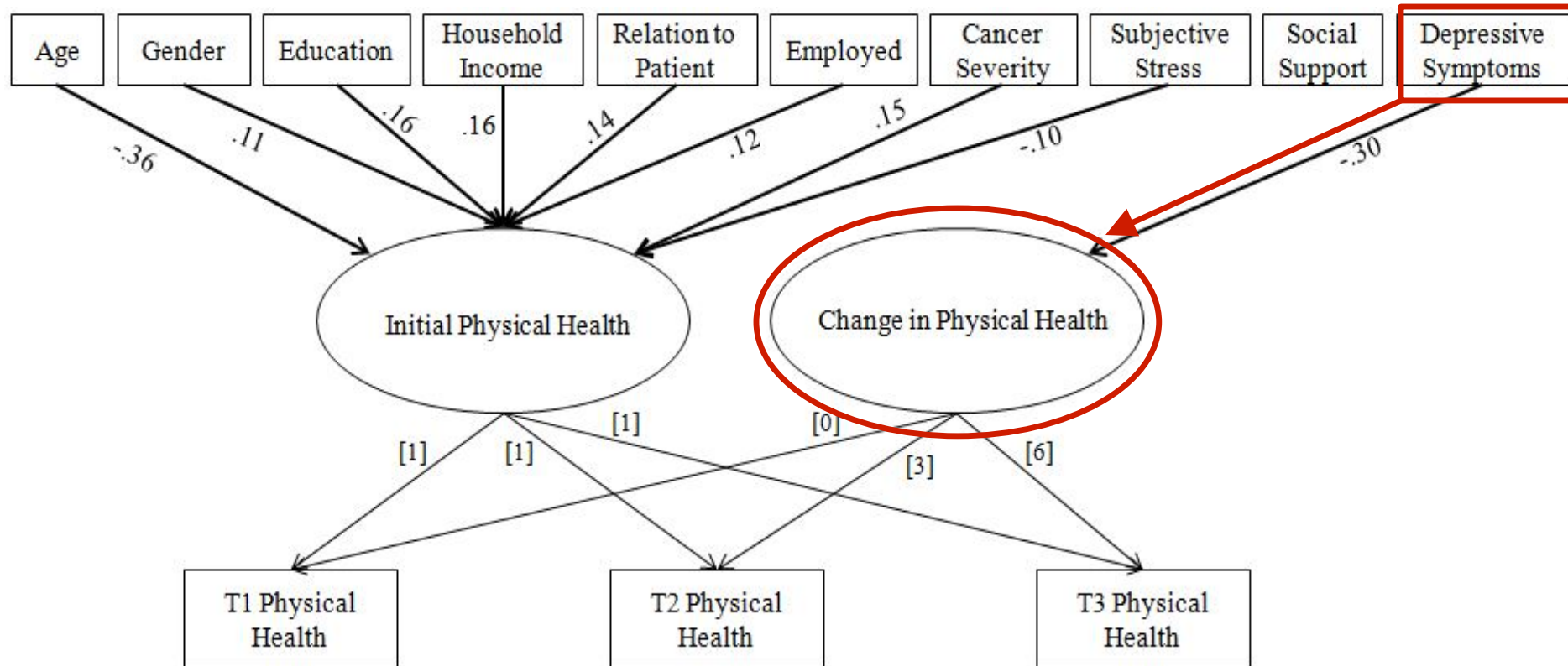
Reference score: McNair & Neuchert (2005).

# Clinical Levels of Depressive Symptoms: Prevalence

		Former CG		Current CG		Bereaved	
		5 years post-dx					
		Depsd	Nondepsd	Depsd	Nondepsd	Depsd	Nondepsd
2 years post-dx: non-bereaved	Depressed	10.9%	10.0%	17.6%	12.2%	32.7%	17.3%
	Nondepsd	7.8%	71.3%	22.1%	52.9%	17.3%	32.7%

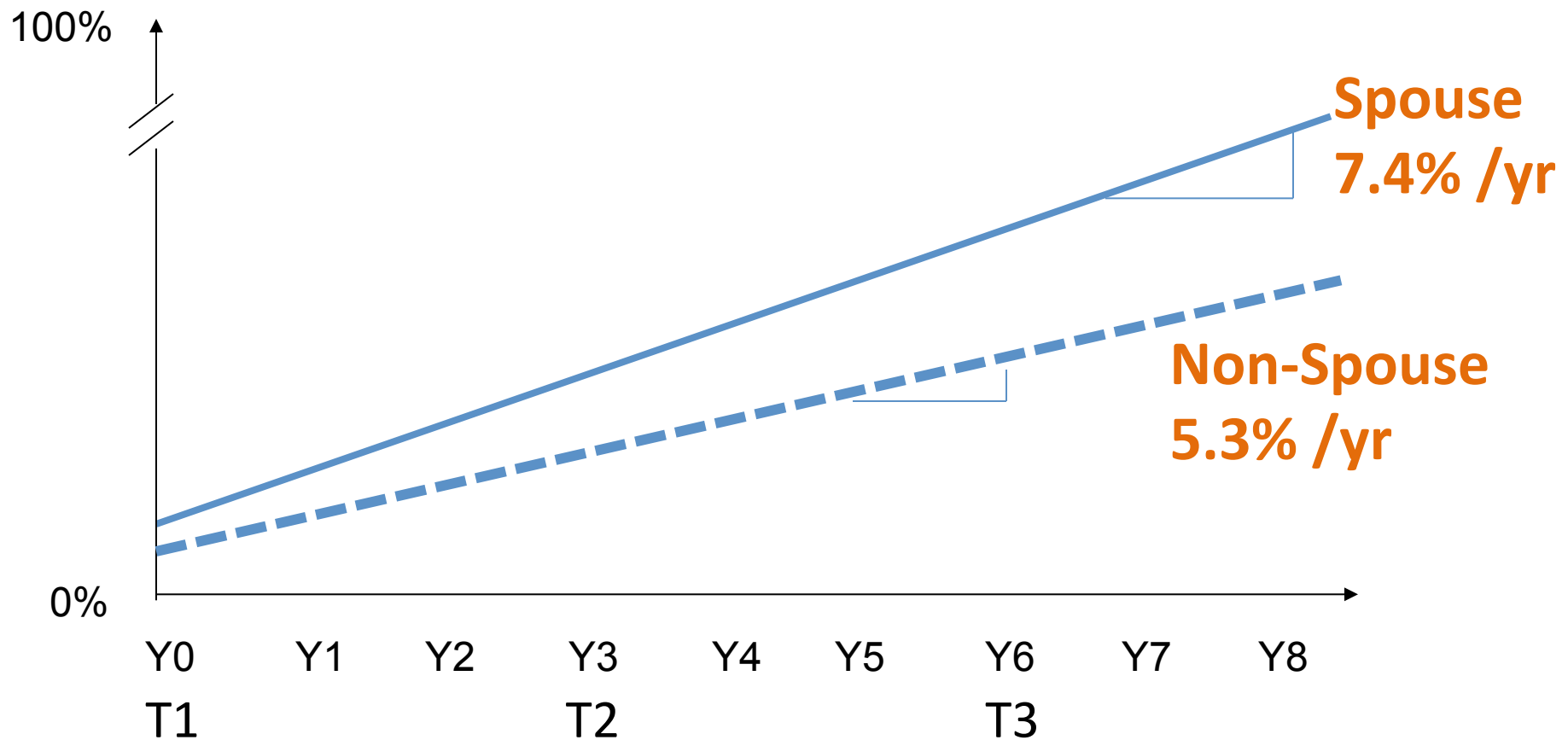
FCR = Former Caregivers-Remission (N = 230); CC = Current Caregivers (N = 68);  
FCB = Former Caregivers-Bereaved (N = 52)

# Predicting Changes in Physical Health



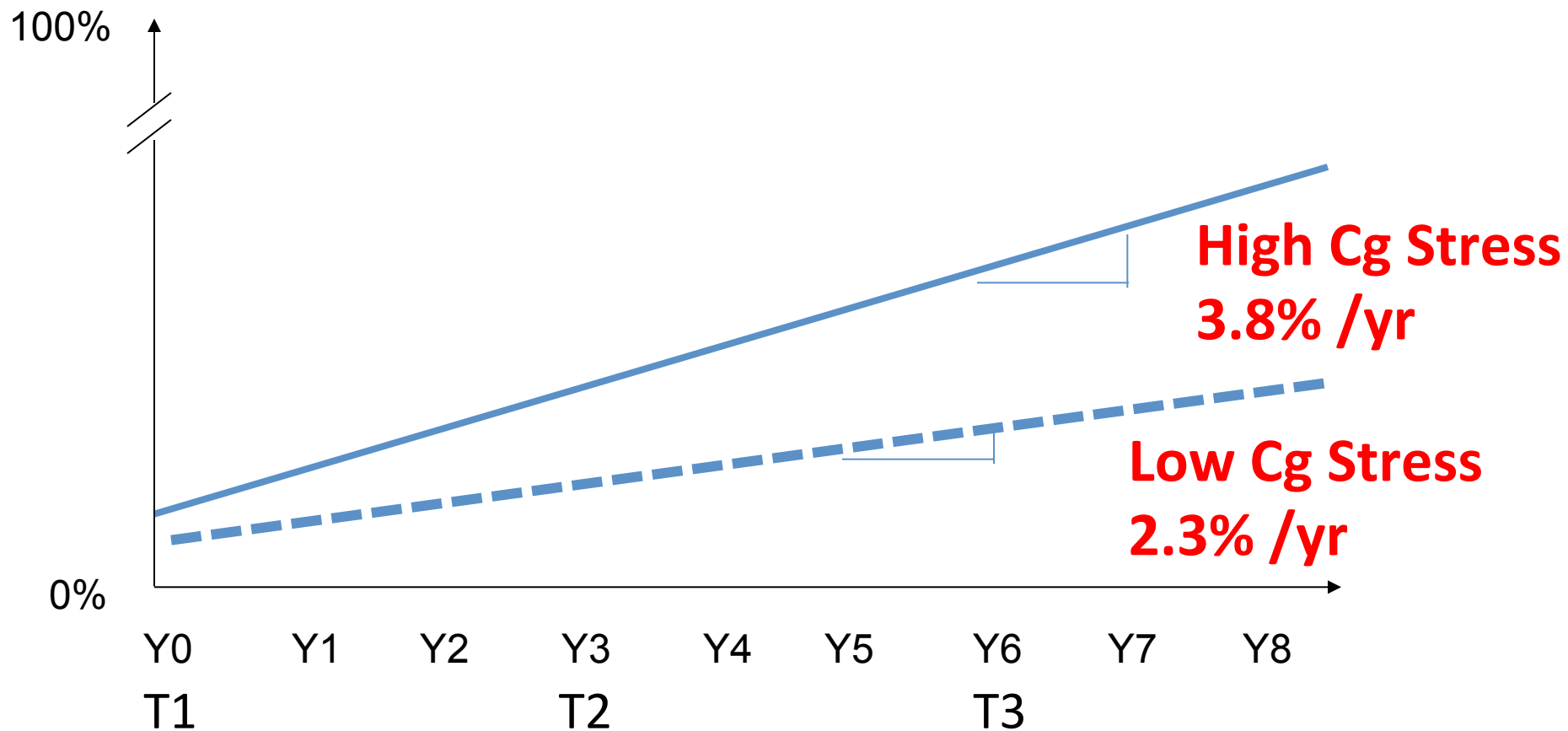
# Predictors of Disability Markers: **Person x Time**

**Spousal** Caregivers x Time Effect on Development of **Arthritis**

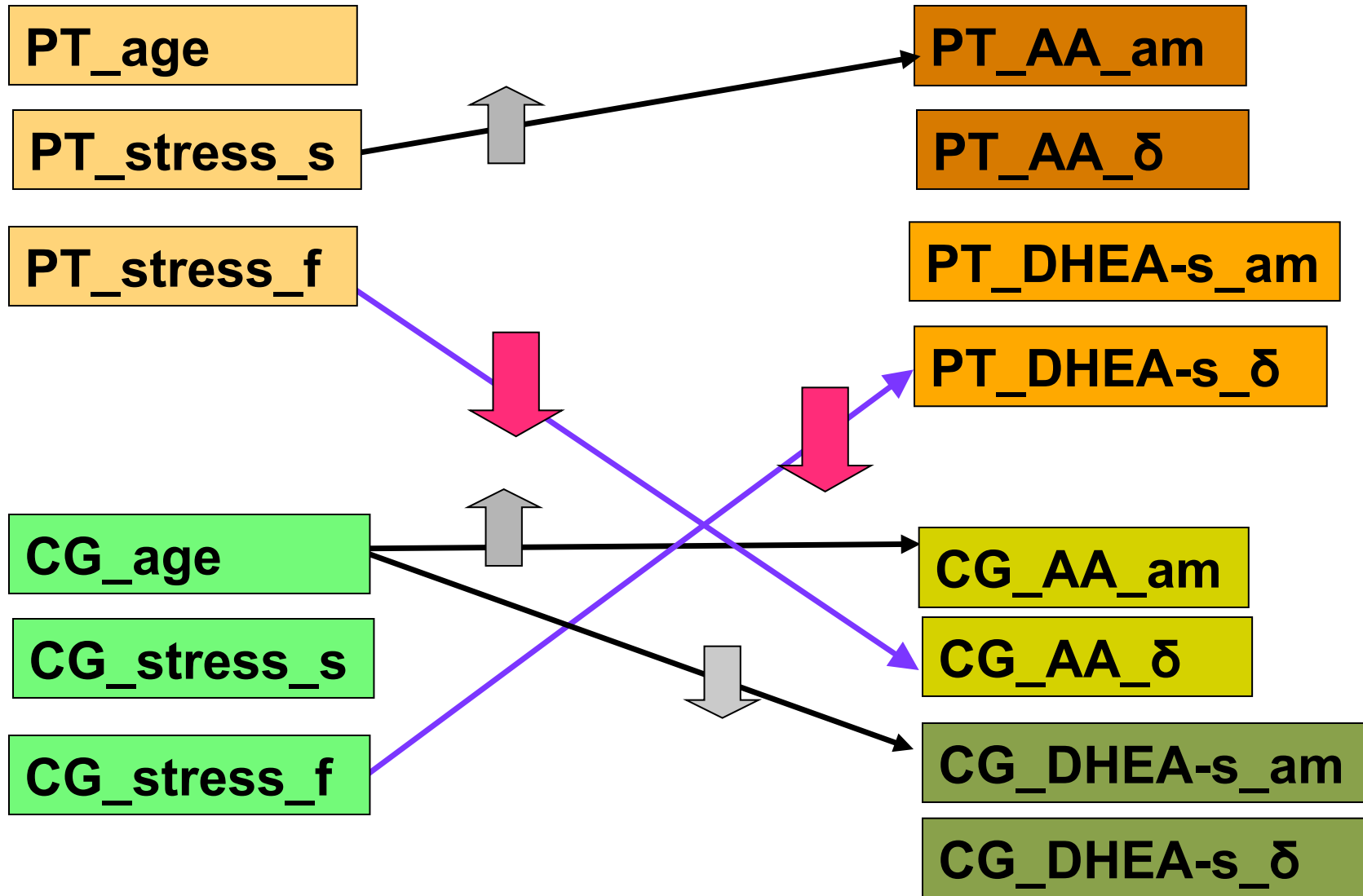


# Predictors of Disability Markers: **Person x Time**

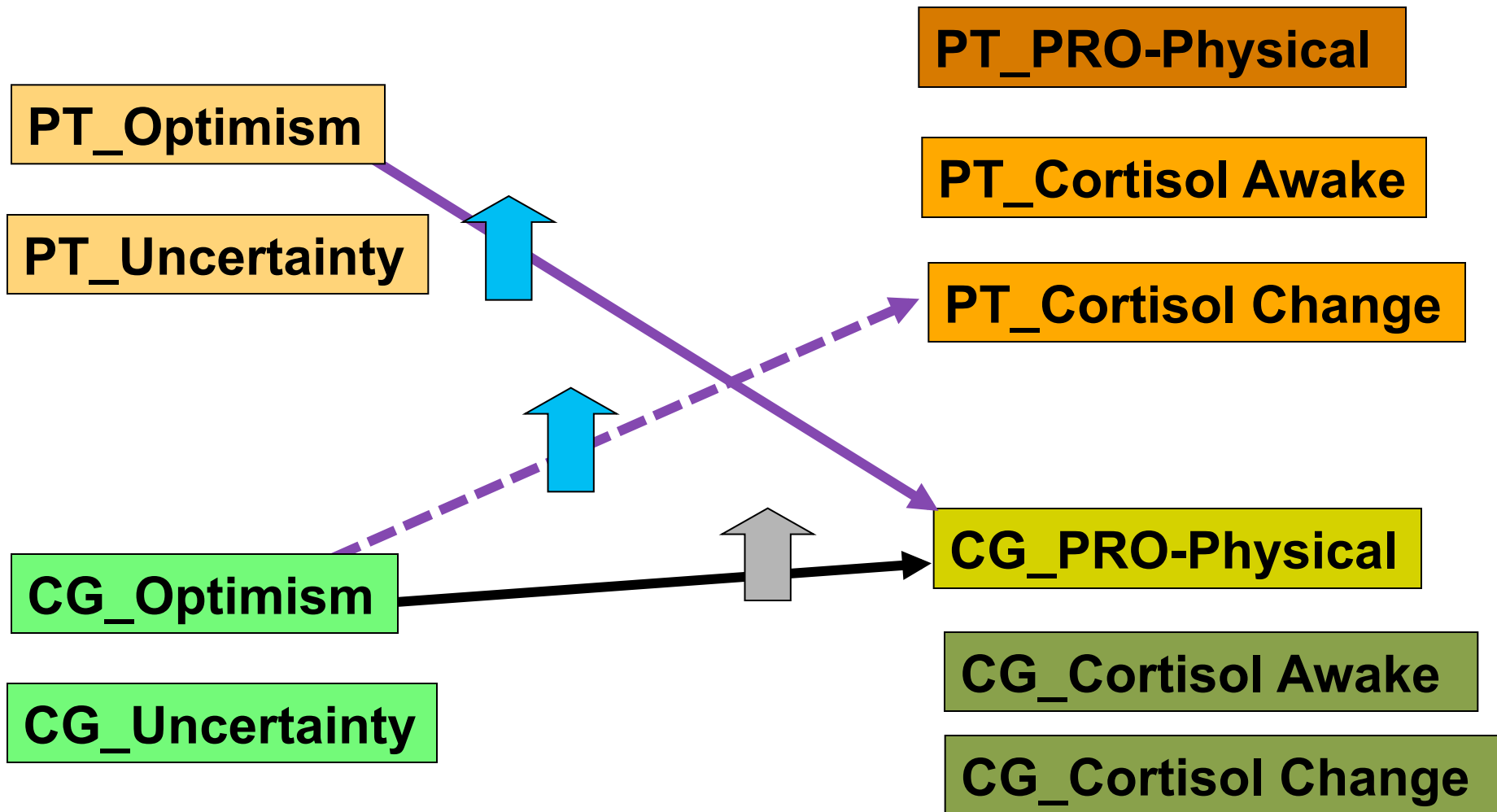
**Sub. Cg Stress** x Time Effect on Development of **Heart Diseases**



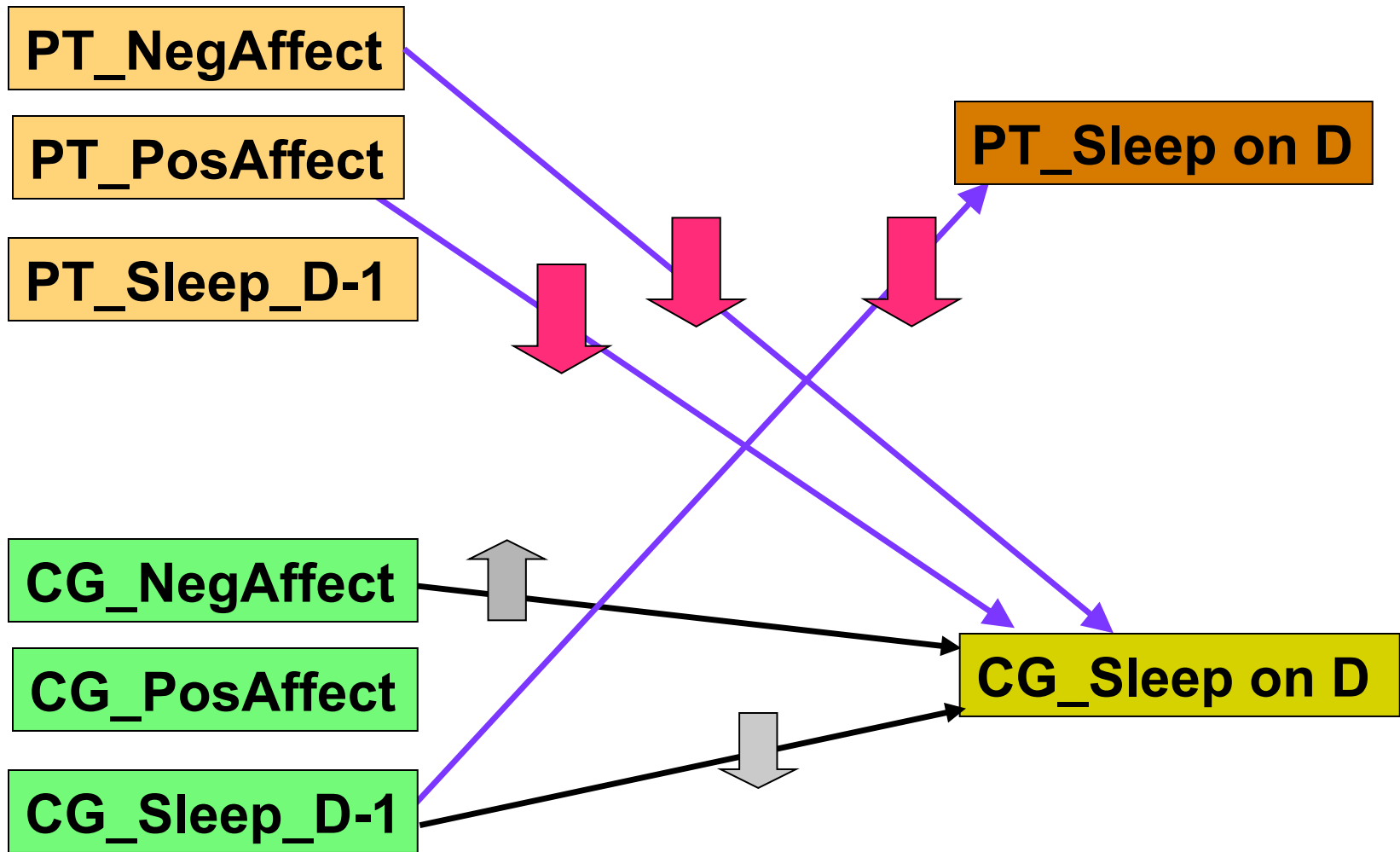
# Perceived Stress & Biomarkers



# Personality & Biomarkers

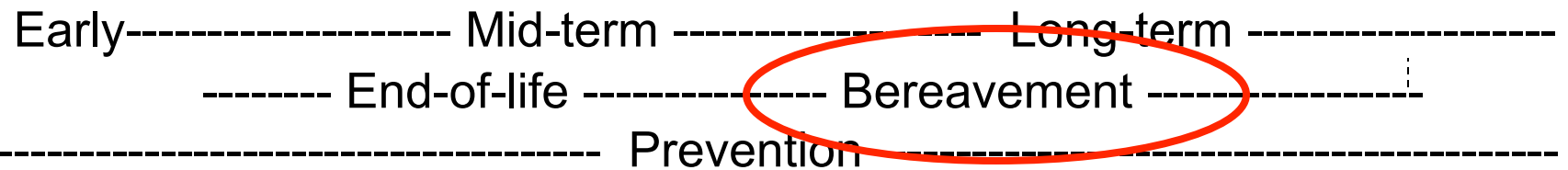


# Affect & Sleep



## Caregivership Phases (Five Seasons)

Early----- Mid-term ----- Long-term -----  
----- End-of-life ----- Bereavement -----  
----- Prevention -----



# Long-term Bereavement Outcomes

	3 yrs	Case	5 yrs	Case
Prolonged Complicated Grief (ICG)	17.09	24.1%	16.74	18.2%
Intense Emotional Reaction (TRIG)	40.20	61.3%	38.32	47.7%
Depression (CES-D)	13.85	36.5%	7.85*	44.3%
Life Satisfaction	4.44	1 ~ 7	4.43	1 ~ 7

N for 3-year = 137; N for 5-year = 88

Caseness for ICG > 25; for TRIG > 37; 20-item CES-D  $\geq$  16; 10-item CES-D  $\geq$  8

\* 10-item CES-D (0 ~ 30)

# Long-term Bereavement Outcomes: Predictors

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## ❖ **Prospectively at 8-year** post-diagnosis

Preparedness at 5-year related to

lower ICG and TRIG at 8-year

\* Medical, cognitive, affective preparedness

(Hebert et al., 2009)

# Bereavement Outcomes: Pre-loss Spirituality

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## ❖ Bereavement-Specific Distress

Pre-loss Peace and Faith related to

lower Intrusive Thoughts

Pre-loss Peace related to lower Hyperarousal

## ❖ General Distress at Post-loss

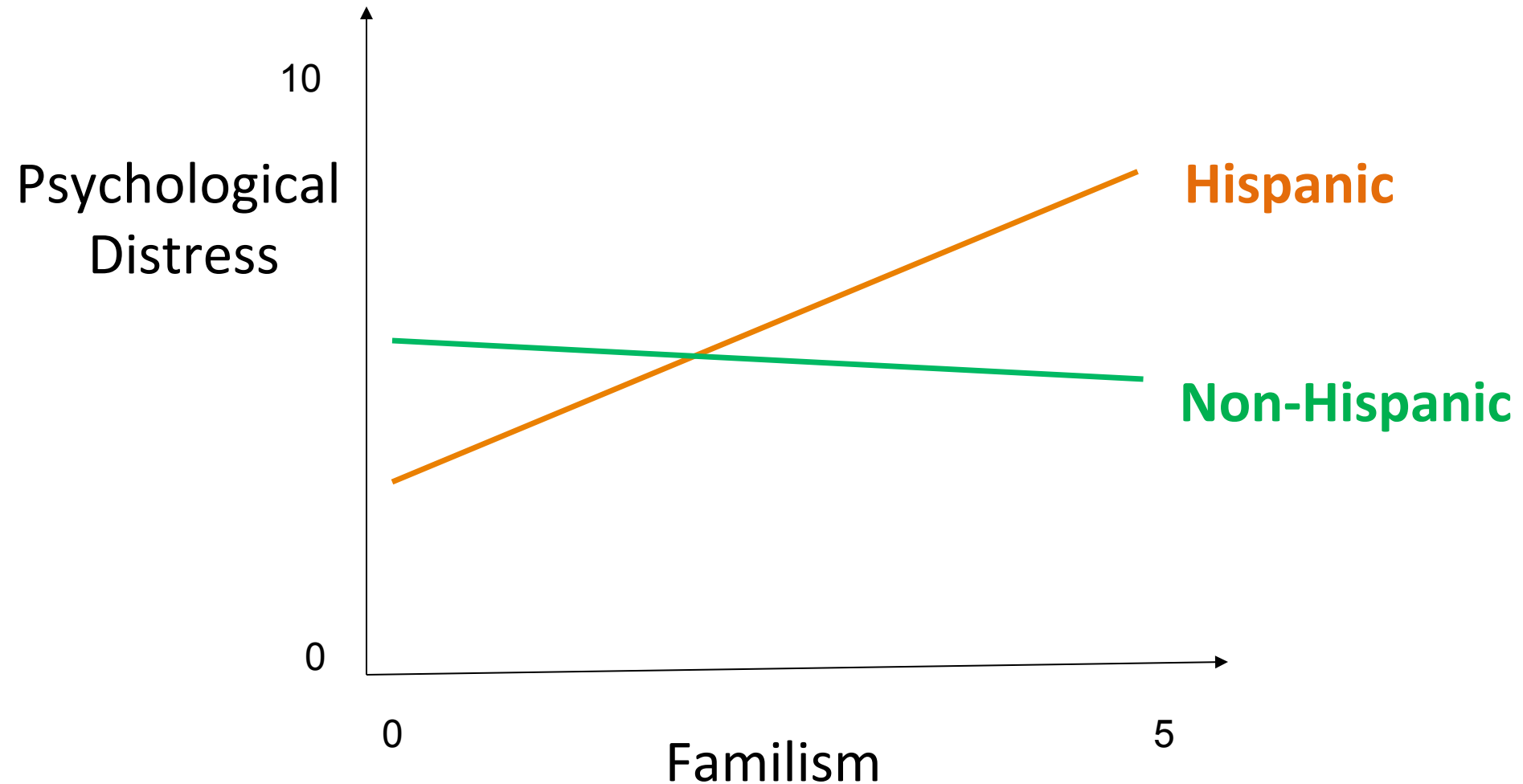
Pre-loss Peace and Faith marginally related to

lower Mood Disturbance

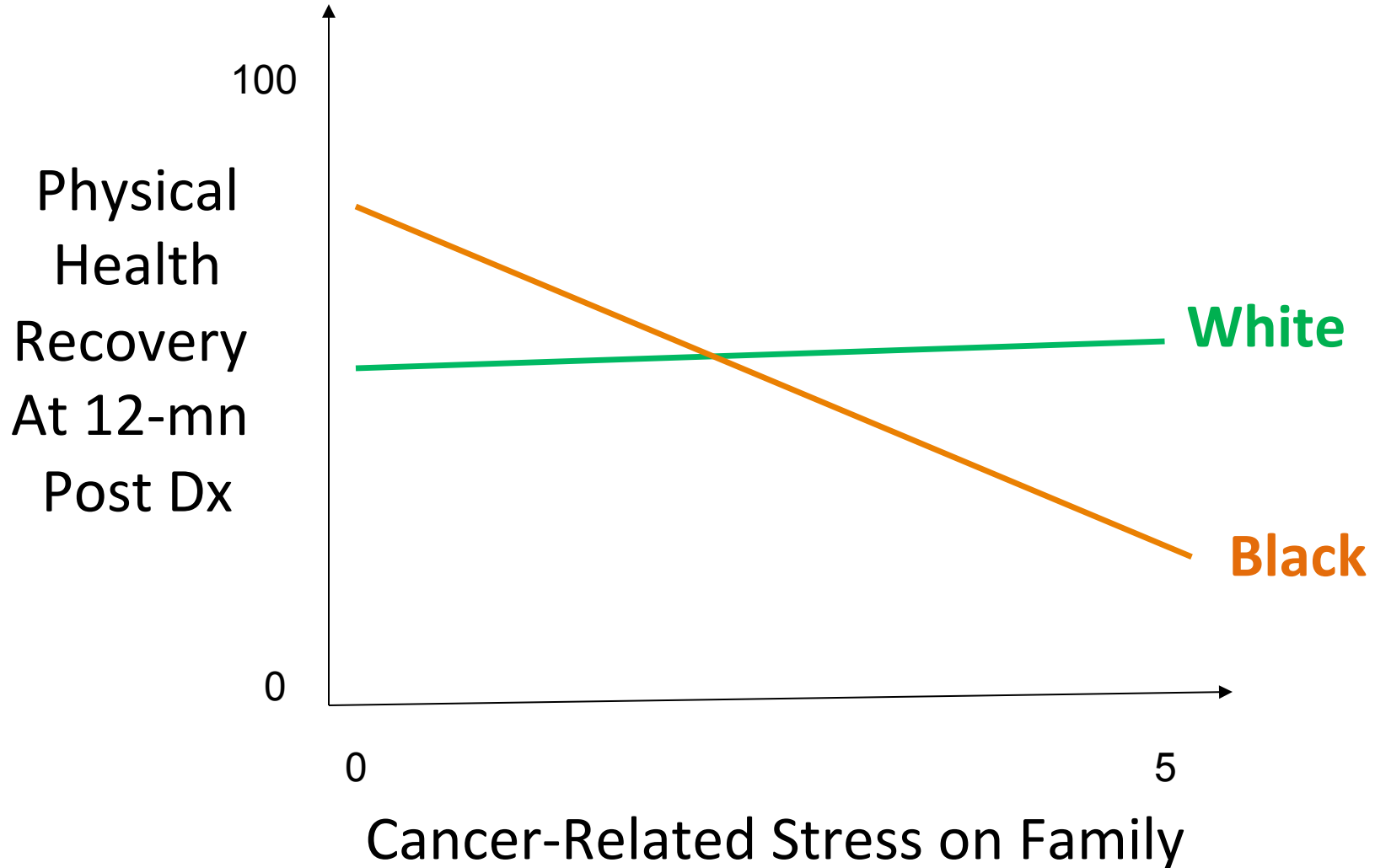
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# **Socio-Cultural & Multidisciplinary Team Approaches**

# Familism & Psychological Distress



# Cancer-related Stress & Health Recovery



# IPOS Survivorship Online Survey

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<https://ipos-society.org/ipos-survivorship-online-survey/>

- To gauge current involvement in clinical services and research with cancer patients/survivors in various ages and their family caregivers
  - In collaboration with IPOS
  - Survey developed in 15 languages:  
Catalan, Chinese-simplified, Chinese-traditional, English, French, German, Hindi, Hungarian, Italian, Japanese, Korean, Portuguese, Romanian, Spanish, Turkish
  - Survey is in the field:
- Next phases will directly engage with cancer patients/ survivors and their family caregivers

# Take Home Messages

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- ❖ Certain caregivers are more likely to develop greater psychological and physical morbid conditions.
- ❖ Identifying more refined psycho-social predictors and psychobiobehavioral mechanisms may help supporting the caregivers and their patients/survivors.
- ❖ Take seasons (illness trajectory) into consideration in designing programs and target transitions (to end of life, to bereavement) for effective support programs for caregivers
- ❖ Evidence-based, socioculturally sensitive, interdisciplinary interventions to reduce the burden of cancer and improve the quality of life among persons touched by cancer

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# Thank You !!!

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