

Introduction

- Cancer caregivers play an important role in helping those with cancer through their diagnosis, treatment and recovery¹.
- Caregivers are often involved in communicating & sharing health information, helping with health-decision making, finding relevant information and accompanying patients to appointments²⁻³.
- As such the ability to access, appraise, understand and apply health information also known as 'health literacy' may be particularly important for caregivers.
- Despite the importance of health literacy for caregivers when navigating their role, previous reviews indicate that little attention has been given to this area⁴⁻⁵.

Aims

This research aimed to iteratively co-design an intervention developed with cancer caregivers for cancer caregivers to improve caregiver health literacy.

Methods

- Survey with cancer caregivers⁶
- Co-design workshops with caregivers
- Workshop with Steering Group
- Review the literature
- Develop a prototype outline
- Review with steering group
- Develop prototype + content
- Review with steering group
- Refine prototype

Results



Weekly topics

- Introduction to ENHANCE
- Navigating Health Information
- Communication with healthcare professionals
- Tapping into support
- Understanding between you and your loved one
- Final wrap-up

Conclusion

- To the best of our knowledge, ENHANCE is the first programme developed with cancer caregivers to improve health literacy.
- Resources developed with cancer caregivers for cancer caregivers may aid in better supporting caregivers in their vital role to provide the best quality of care to those with cancer.

References

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