

Asian Family Caregivers Caring for Patients with Terminal Cancer

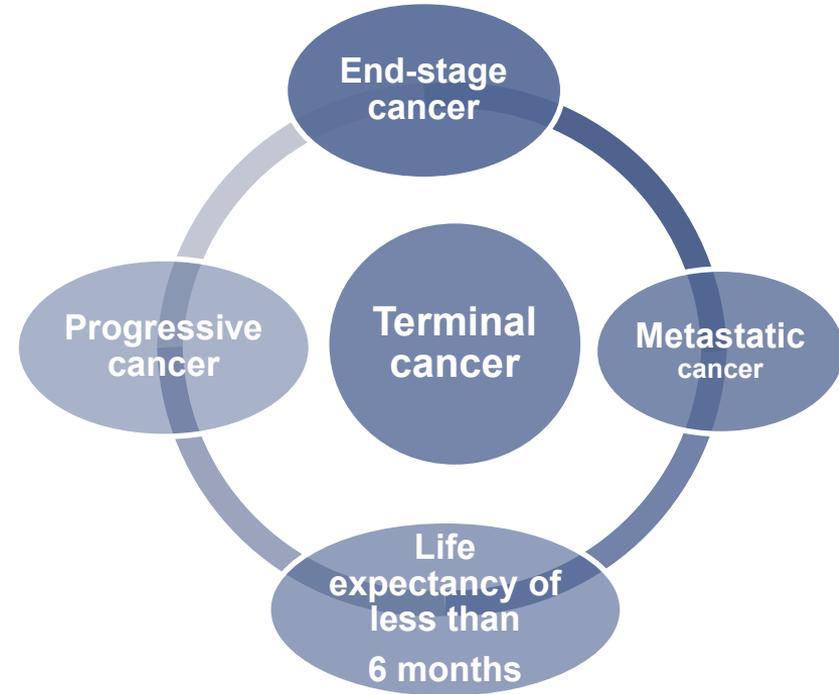
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Background

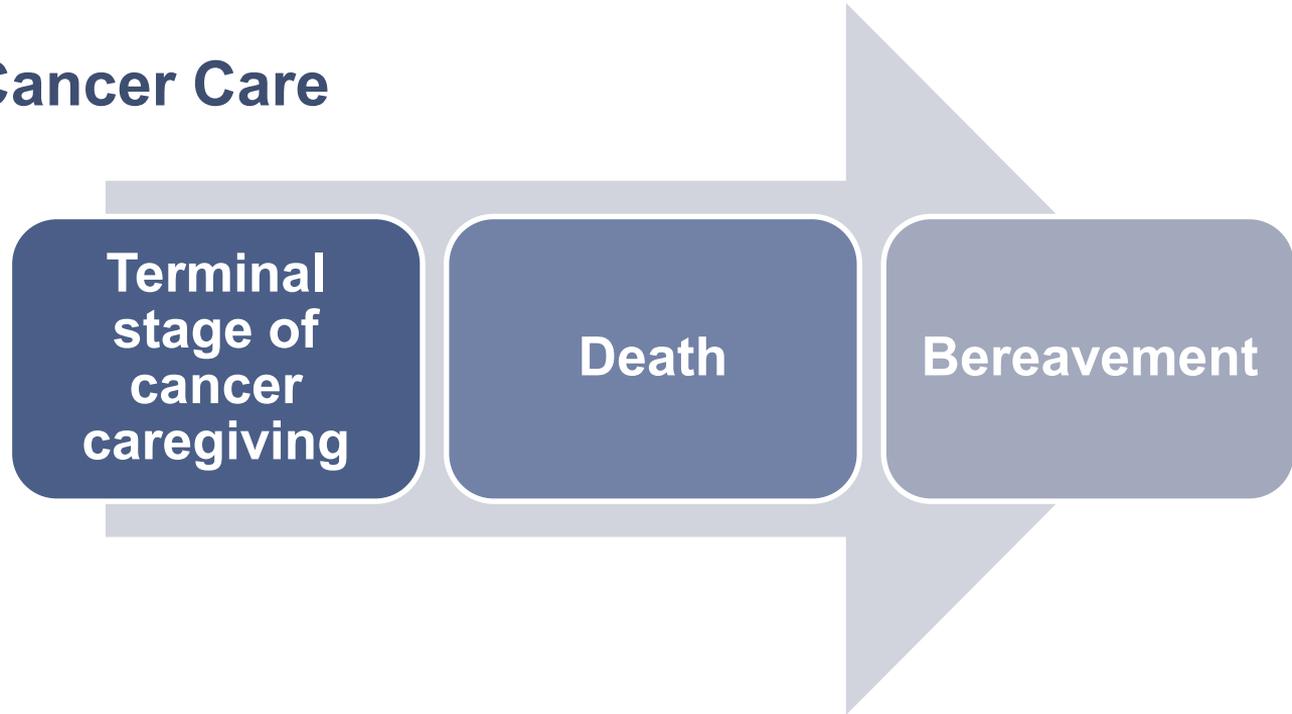
Terminal cancer advances rapidly.

Terminal cancer treatment cannot prolong survival significantly due to the progressive nature of the disease.



Background

End of Life Cancer Care



Background

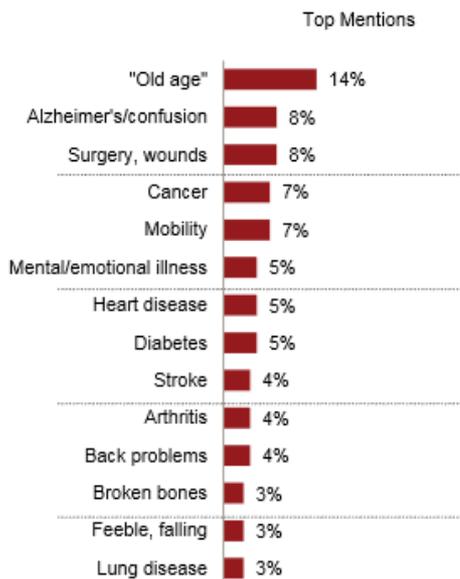
An estimated 43.5 million adults in the U.S have provided unpaid care to an adult or a child in the prior 12 months.

Base: Caregivers of Recipient Age 18+ (n=1,248)



Are you currently providing unpaid help to an adult relative or friend, or was this something you did in the past 12 months and are no longer doing?

Background

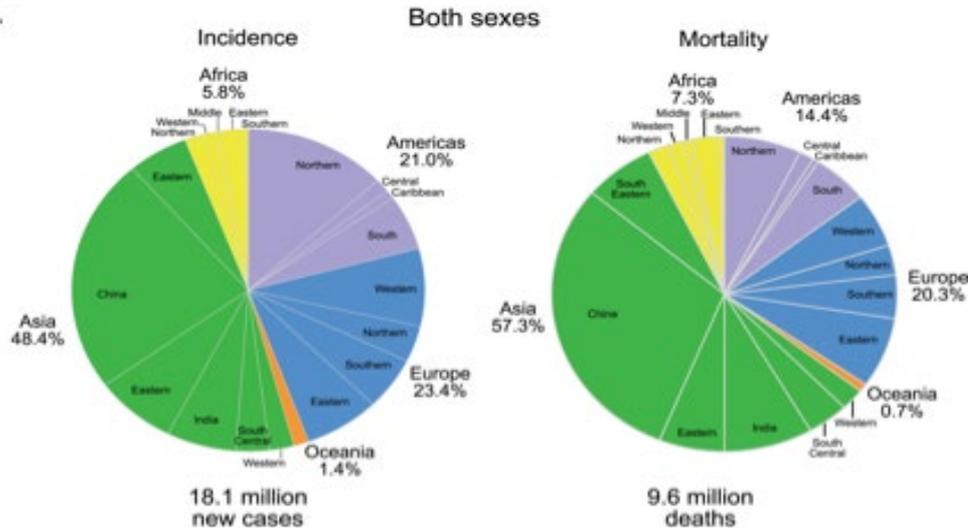


Growing numbers of family caregivers are considered as the primary caregivers of patients with cancer in the U.S.

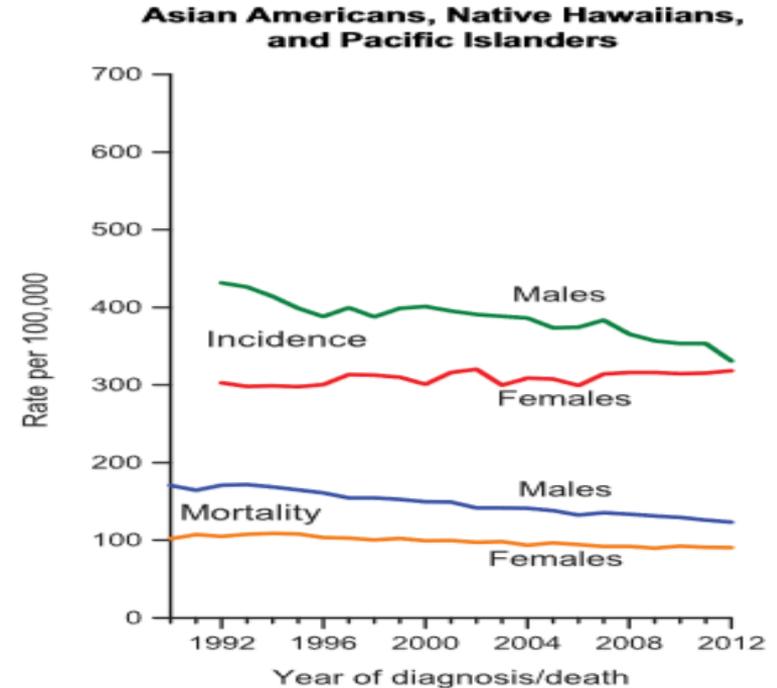
Q7. Who are you caring/did you care for?

	Caregivers of Recipient Ages 18+ (n=1,248)	Hours of Care	
		0-20 (n=826) A	21 or more (n=416) B
Relative	85%	81%	93% ^A
Parent	42	42	43
Spouse or partner	12	7	24 ^A
Parent-in-law	7	8	5
Grandparent or grandparent-in-law	7	8 ^B	4
Adult child	5	5	6
Uncle or aunt	4	4	3
Sibling	3	3	3
Other relatives	3	3	3
Sibling-in-law	2	3	1
Grandchild	*	*	--
Nonrelative	15	19 ^B	7
Friend	10	13 ^B	4
Neighbor	3	3	2
Other nonrelative	2	3	2

Background



Cancer deaths in Asia (57.3%) are higher than those in other regions.



Background

The prevalence of caregiving varies by racial/ethnic group in the U.S.

	Prevalence	Estimated Number of Caregivers
White (Non-Hispanic)	16.9%	26.5 million
African American	20.3%	5.6 million
Asian American	19.7%	2.7 million
Hispanic	21.0%	7.6 million

Asian Americans currently number nearly 17.3 million, representing 5.6% of the U.S. population, and that number is expected to exceed 40 million by 2050.

Estimates of Individual Caregiving Prevalence by Race/Ethnicity

Background

“Culture represents values, and life ways of people of diverse races and ethnicities.”

“Culture shapes how individuals view health, illness, and death.”



Purpose

1st

- To review existing knowledge about the Asian family caregivers who provide end-of-life care for patient with cancer

2nd

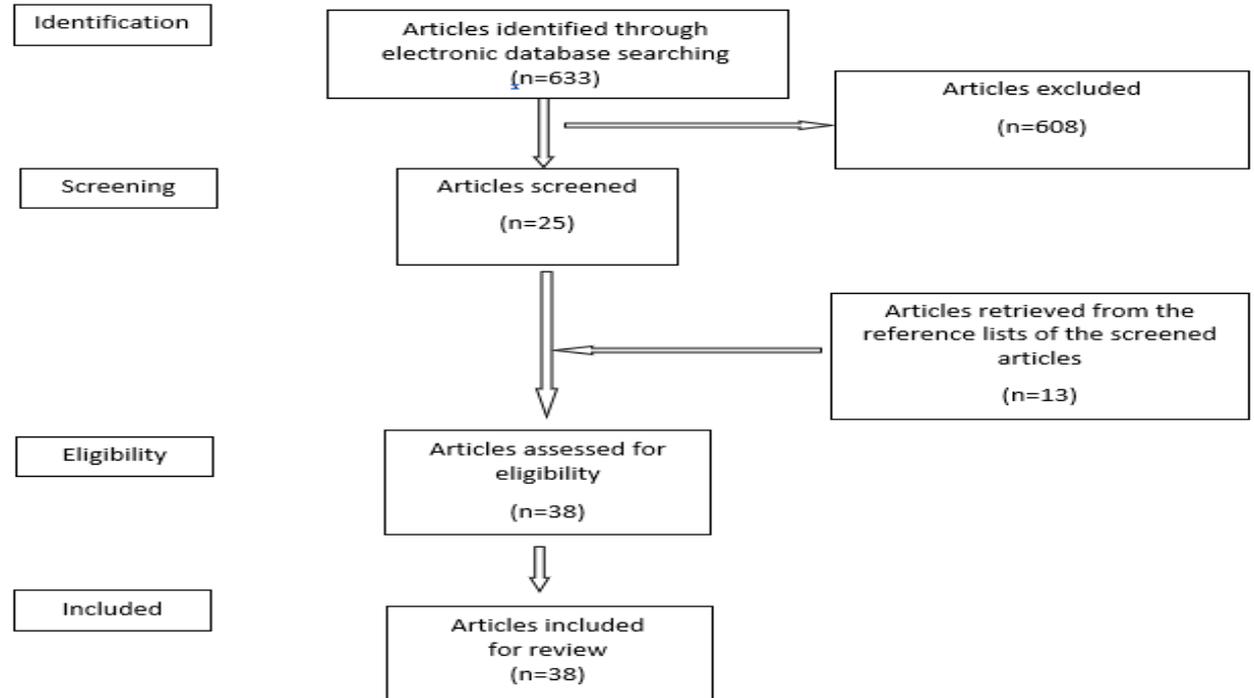
- To suggest culturally sensitive nursing practices and/or interventions to support Asian family caregivers

Methods

From June to
September in 2018

Using the following
electronic databases:

- 1) PubMed;
- 2) CINAHL;
- 3) PsycINFO



Methods

Keywords

End of life care, Terminal care, Palliative care, Terminal cancer, Advanced cancer, Metastatic cancer, Life-limiting, Life-threatening, Terminally ill, Advanced directives, Advance care planning, Grief, Loss, Death, Bereavement, Decision making, Communication, Coping, Asians, Asian Americans

Inclusion criteria

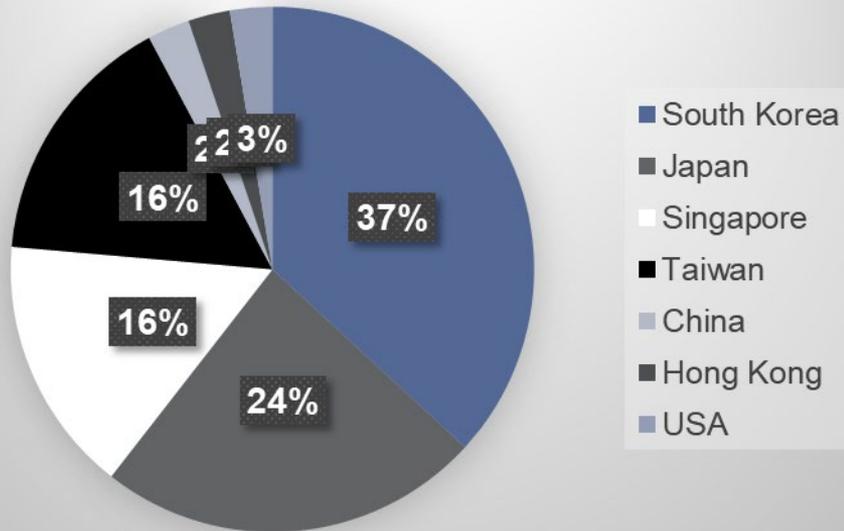
- English-language primary articles published after January 2010
- Populations: Asian family caregivers or Asian American family caregivers of adult patients with any types of cancer in the end-of-life

Exclusion criteria

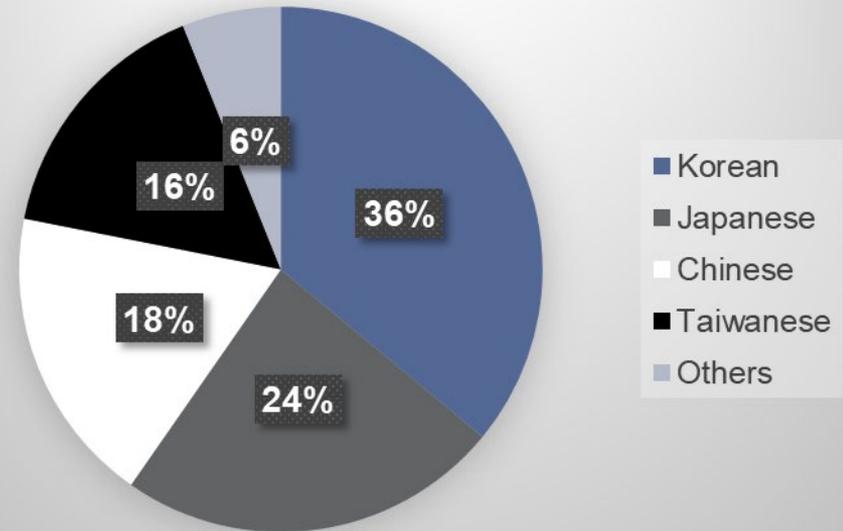
- Studies that didn't specify whether patients are in the end-of-life stage
- Studies included cancer survivors
- Studies included professional or paid non-professional caregivers
- Studies included patients with other types of terminal disease other than cancer
- Studies included family caregivers of children with cancer.

Results

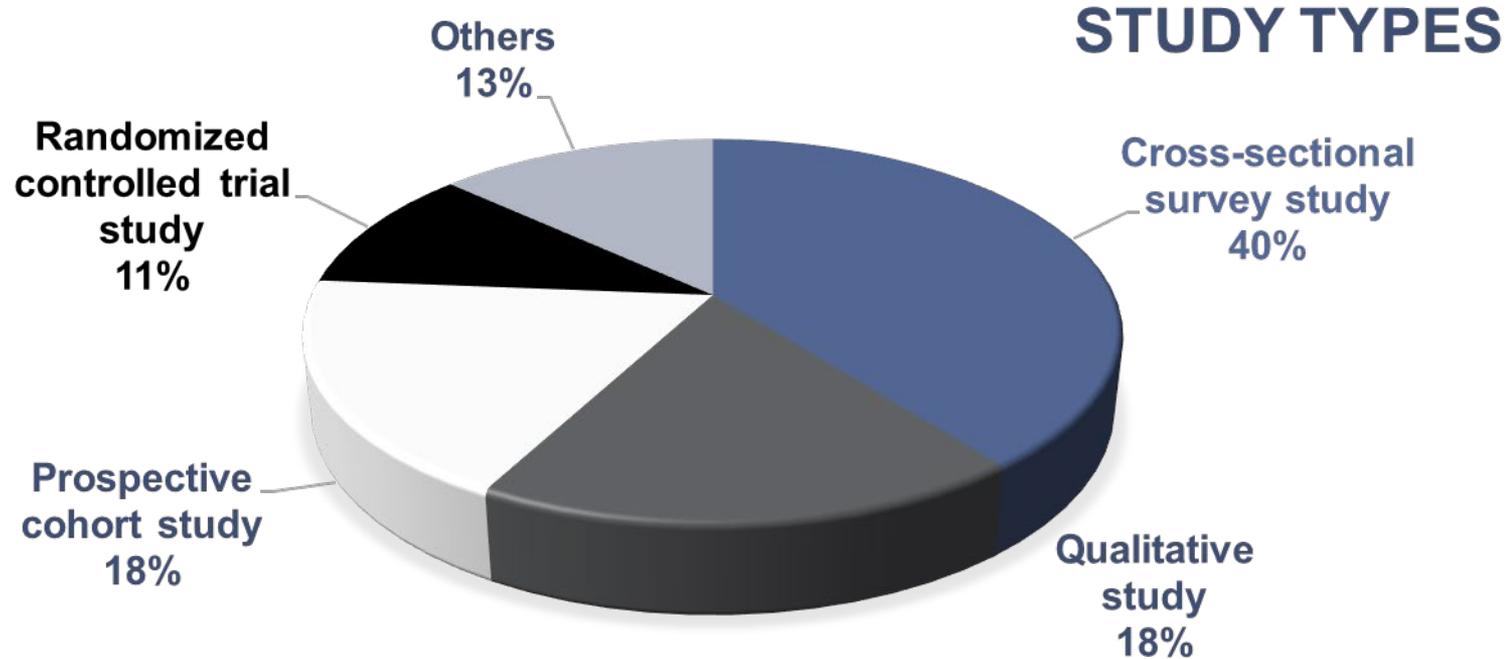
Country



Race/Ethnicity



Results



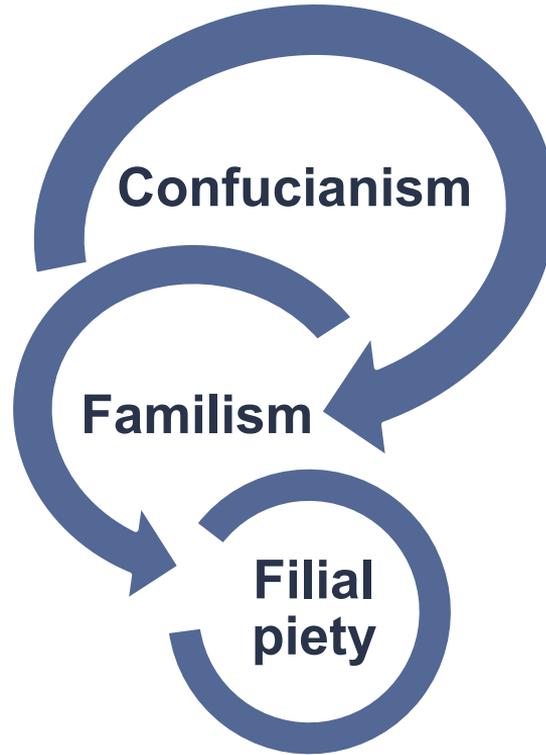
Results

Sub-topics



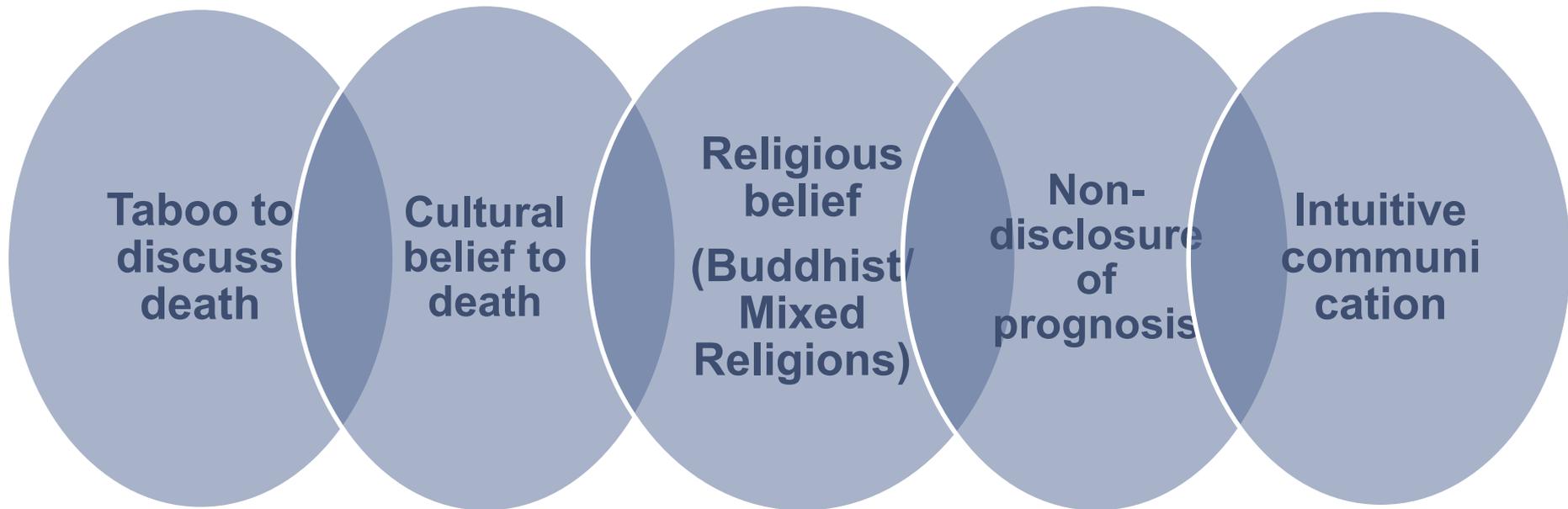
Asian Cultural Aspects

- ✓ Responsibility
- ✓ Compulsory duty
- ✓ Social blame
- ✓ Guilty



- ✓ The hierarchical family structure
- ✓ The dependent/tight parent-child relationship
- ✓ The male dominance

Asian Cultural Aspects



Results:

Asian Family Caregivers' Quality of Life

- Younger age
- Severe comorbidities
- Low functional status

Patient's factors

Family caregivers' factors

- Older Age
- Lack of family budget
- Emotional distress
- Depression & Anxiety
- Low self-efficacy
- Non-religious
- Poor health conditions

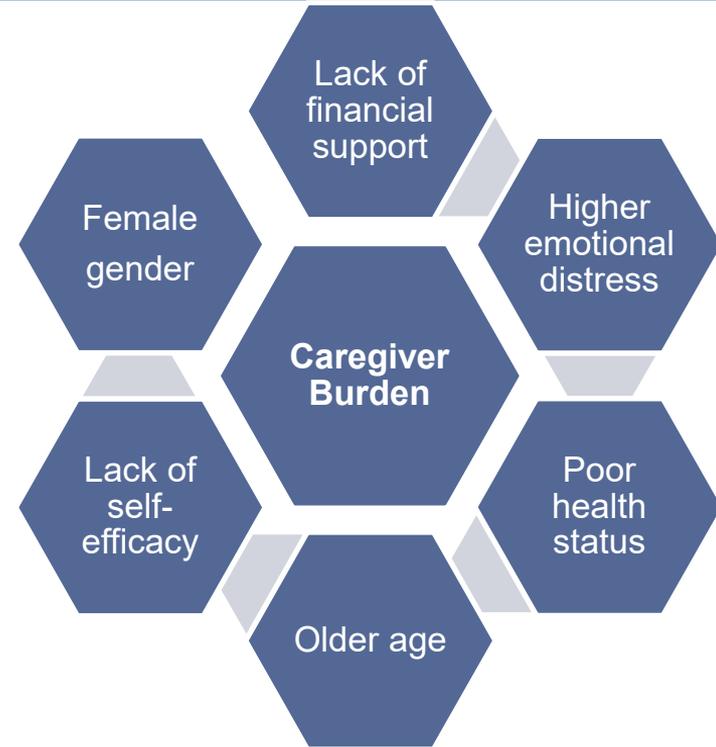
- Lack of social supports
- Absence of sub-caregiver

Environmental factors

Results:

Asian Family Caregivers' Burden

“Asian family caregivers’ burden is more severe than patients’ burden.”



Results:

Asian Family Caregivers' Positive Adaptation



✓ Increased Quality of Life

✓ Alleviated Depressed mood and Anxiety

✓ Improved Caregiver Burden

Results: Asian Family Caregivers' End of Life Experiences

Negative emotions

- ✓ Tension: anticipated loss
- ✓ Depressive mood & Anxiety
- ✓ Burden & Pressure

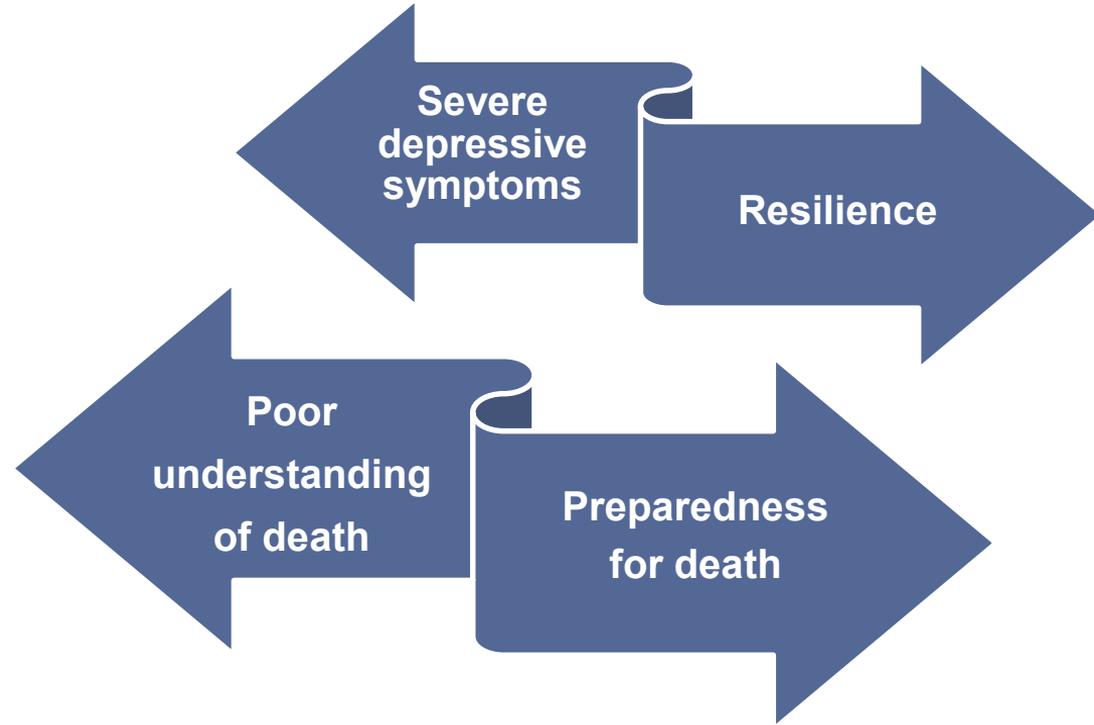
- ✓ Commitment without regret
- ✓ Wish to be acknowledged by family
- ✓ Coping with death of family

Positive emotions

Results:

Asian Family Caregivers' Bereavement

- ✓ Severe post-loss depressive symptoms decrease over 24 months after the patients' death.
- ✓ The prolonged grief decreases over time.



Conclusion

- ✓ **Asian family caregivers' unique sociocultural values affect their end-of-life cancer caregiving.**
- ✓ **Various factors have impacts on the quality of life caregiver burden, positivity of Asian family caregivers.**
- ✓ **Asian family caregivers initially feel conflicting negative and positive emotions.**
- ✓ **Asian FCs tend to end up gaining positive experiences.**

Conclusion

- ✓ **Bereavement symptoms for Asian FCs tend to decrease when they have sound understanding of the end of life care and death.**
- ✓ **More social and educational support is required for Asian family caregivers who care for patients with terminal cancer.**

Future

- ✓ **More end-of-life care-based studies of Asian FCs, especially for Asian American FCs, are recommended.**
- ✓ **Culturally sensitive nursing care supporting Asian FCs at the EOL phase can create positive outcomes.**
- ✓ **Culturally tailored family caregivers-centered social support and psychological interventions are needed.**

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