

# Presents

## The Cancer Caregivers Education Program<sup>©</sup> For All Cancer Caregivers

**“Learn communication strategies to help you,  
help your cancer patient.”**

**Saturday, June 3, 2017**

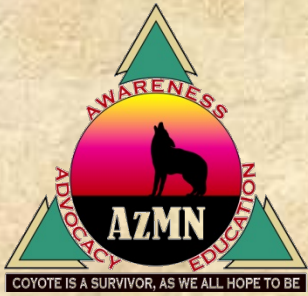


*The Cancer Caregivers Education Program<sup>©</sup> is funded by BHHS Legacy Foundation which is an Arizona charitable organization whose philanthropic mission is to enhance the quality of life and health of those it serves.*

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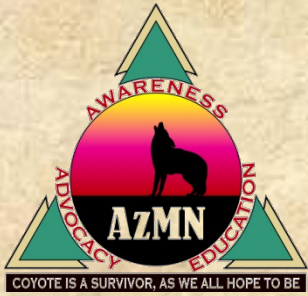
# Arizona Myeloma Network

- Founded by Barbara Kavanagh in 2004.
- AzMN provides advocacy and educational programs for myeloma patients, their families and all cancer caregivers.



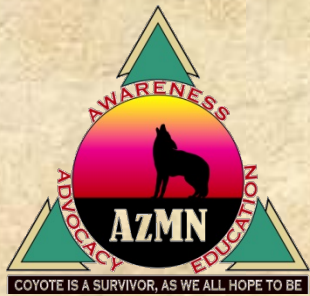
“There are only four kinds of people in the world – those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers.”

Source: Rosalynn Carter Institute for Caregiving



# Program Agenda

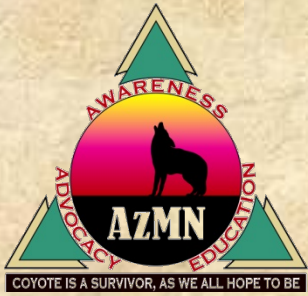
- Welcome and Introductions
- Review Program Goals
- Getting to Know Each Other
- Cancer Caregiving Communication Needs
- Communication Skills and Tools: How to Get the Right Treatment and Help for Breakthrough Cancer Pain
- Resources & Raffle
- Closing



# Program Goals

## The attendee will learn:

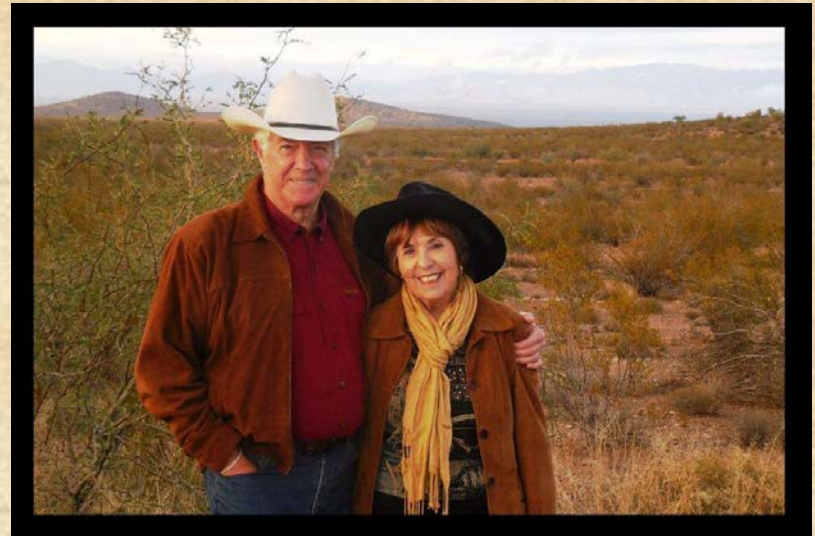
- Communication challenges specific to the cancer caregiver
- Communication skills to assist in meeting the needs of your cancer patient
- Communication tools for loved ones and healthcare professionals

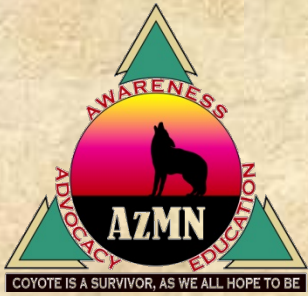


Who are you?



Who do you Care for?





# Research

- Two thirds of the families in one study experienced communication problems
- Caregivers experienced substantial difficulties in communicating with patients about illness and death particularly



# Research

## Caregivers

39.9% desired more communication

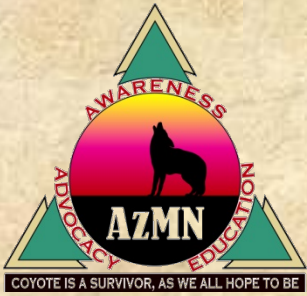
37.3% reported that communication was difficult.

## Patients

20.2% desired more communication

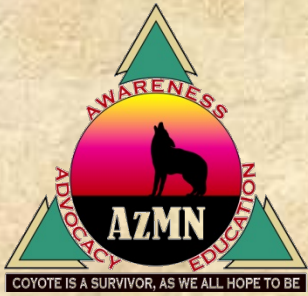
22.3% reported that communication was difficult





# Reasons for Communication Challenges

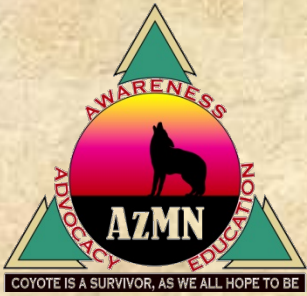
- Avoidance of psychological distress
- Desire for "mutual protection"
- Belief in positive thinking



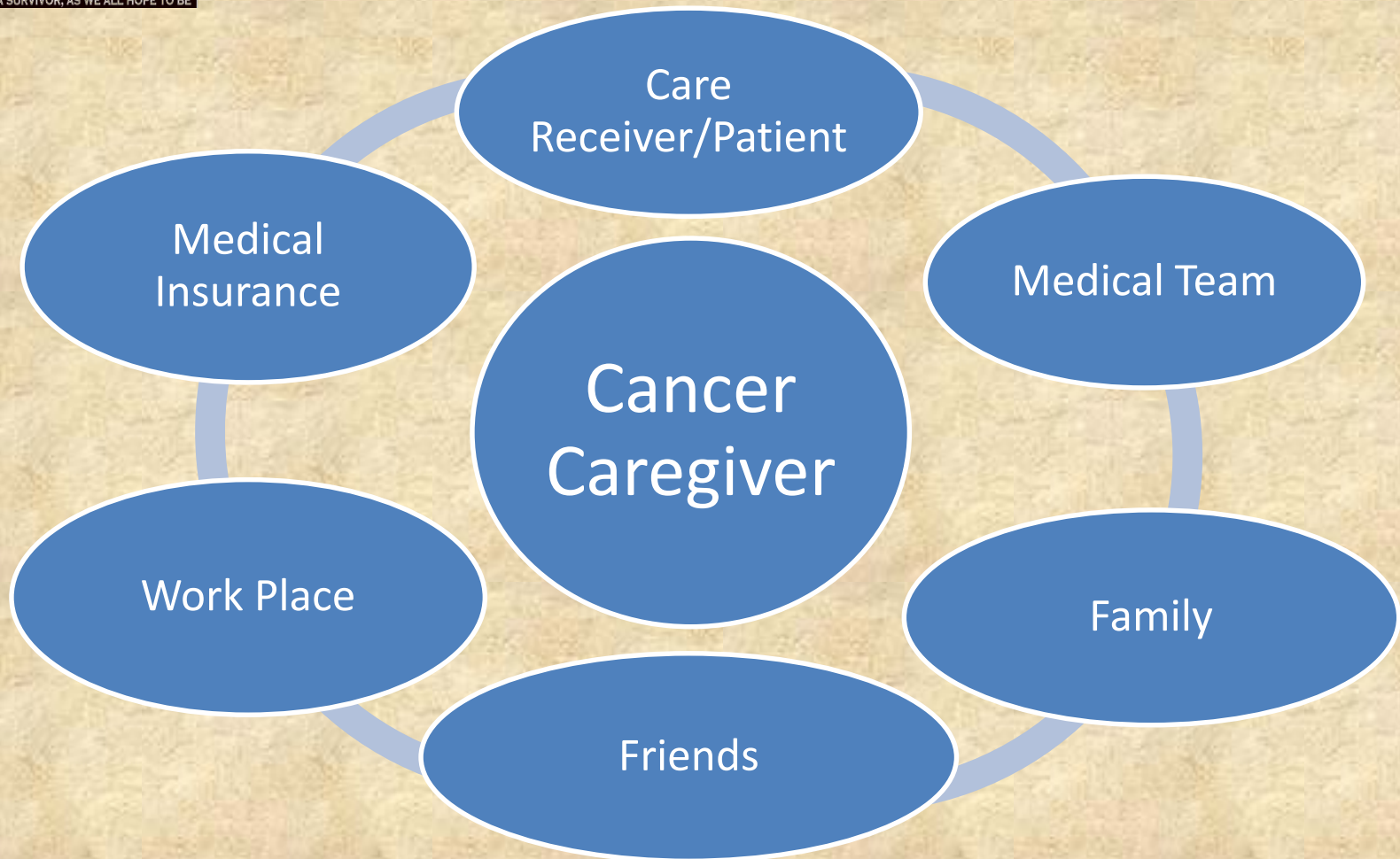
# Barriers to Communication

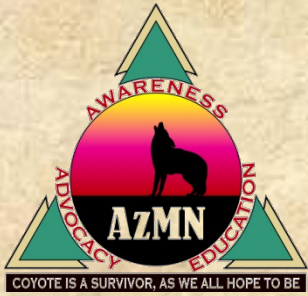
- Ability, or lack there of, to engage in open communication.
- Caregivers' emotional reactions (emotional exhaustion, and depression).
- Duration of care giving.
- Self-efficacy
- Lack of information and Feeling of 'Helplessness'
- Others?

(1) See References



# The Circle of Cancer Caregiver Communication Responsibilities





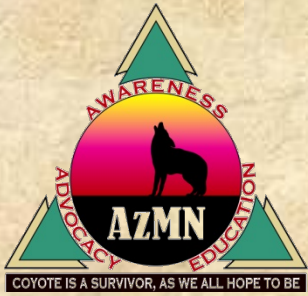
# Communication Skills: The Crucial Piece of the Puzzle

## The Just Listen Exercise



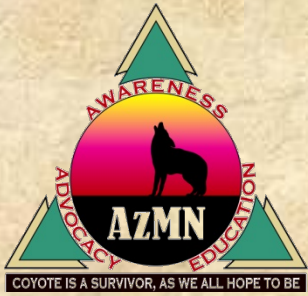
## Expressing Your Feelings Exercise





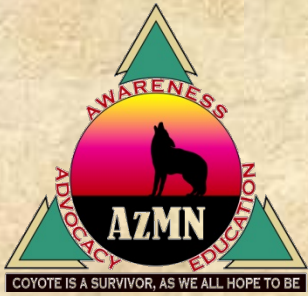
# Communication Skills with the Medical Team

- Be compliant with patient privacy rights
- Request family meetings when necessary
- Prepare for the appointment with questions in hand
- Understand time limitations
- ✓ Additional material in your booklet.



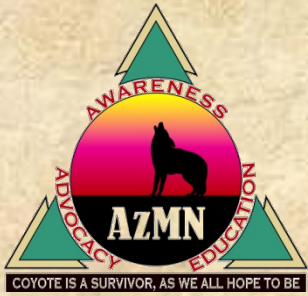
# Enhancing Communication Skills with Your Loved One

- Ask for permission when wanting to discuss hard topics
- Use “I” statements whenever possible
- Take a deep breath before speaking and before responding



# Lets Take a Break

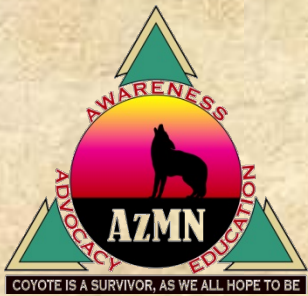




# Pain

- What is Breakthrough Cancer Pain?
- Insys slides on Pain
- Dr. Steven G. Wong
- Randall W. Morrison, patient



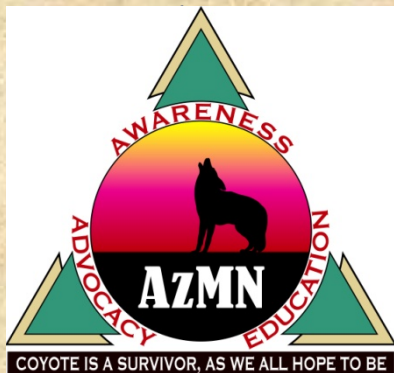


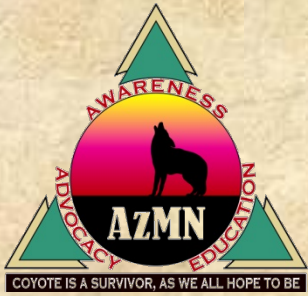
# Brain Storm

As a small group, please discuss why cancer patients and caregivers have difficulty talking about Break Through Pain



# Keeping Humor in Your Life

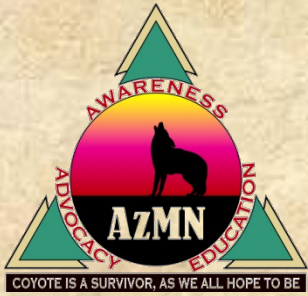




# Yoga

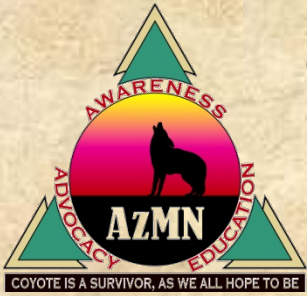
## other ways to deal with 'pain': yoga exercise





# Program Conclusion

Something you learned today:  
Meet our Resources/panel



# Thank You For Attending and for Supporting Our Programs

Please complete the evaluation form

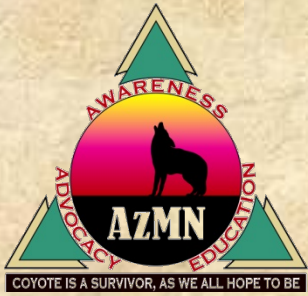
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623-466-6246



# Program Sponsors



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