

Supportive and palliative care research and audit conference

Wednesday 30 November 2016

Oral and poster abstract submission template

Abstracts must conform to the following requirements:

- Include a short title (up to 20 words) and the author's names (asterisk the presenting author)
- Maximum length: 250 words
- Structure: background/objectives, methods, results, implications
- Include presenting author's contact details (including name, job title, institution and email address).

Abstracts should be submitted to samantha.wilkinson@srft.nhs.uk by 5pm on Friday 30 September 2016.

Title: Supporting the supporters: a national study of family carers' contributions to end-of-life cancer care.

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Abstract

Background: Family carers make a substantial contribution to at end-of-life care. This care supports patients' preferences to die at home, contributes significantly to the economy. However, the value of this care is often underestimated or excluded from economic evaluations. Information about the contributions and costs of family care support would enable an accurate estimate of the economic value of carers' contributions to end-of-life care. The aim of this study was therefore to investigate the activities and contributions of informal, family care-giving in end-of-life cancer care.

Methods: A national census survey of English cancer carers was conducted. 5,271 people who registered a relative's death from cancer in May 2015 were invited to participate. Data collected were: decedent's health and situation, care support given, financial expenditure resulting from care, participant well-being, and general background information.

Results: In total, 1504 completed surveys were returned (28.5%). Almost all respondents (99%) reported care-giving in the last three months of the decedent's life - contributing a

median 69 hours 30 minutes of care-giving per week. Tasks predominantly comprised: social and emotional support (82.9%), shopping (79.1%) and cleaning (72.7%). Three quarters of participants also reported spending money to support care-giving.

Implications: Care activities and support provided by family care-givers are essential to the maintenance of every-day life. Initial analyses suggest that family carers contribute than previous research has indicated. Therefore, it is essential for service providers to ensure that family carers are well supported themselves to safeguard the end of life care they provide.