

Palliative Care for Family Caregivers of Patients Living with Lung Cancer



**A Research Project Funded by the
National Cancer Institute**

Betty Ferrell PhD, MA, FAAN, FPCN, CHPN
Principal Investigator

City of Hope Comprehensive Cancer Center
1500 E Duarte Road, Duarte, CA 91010

Supported by a grant from the National Cancer Institute 1 PO1 CA136396-0141

Graphic Design: Connie Rose

Table of Contents

Introduction	1
Caregiver’s Bill of Rights.....	5
Part 1: Physical Well-Being and Self-Care	6
General Information on Caring for the Patient’s Physical Symptoms.....	10
Breathing Problems and Cough.....	13
Pain.....	14
Constipation.....	15
Fatigue.....	16
Sleep Problems.....	17
Nausea and Vomiting.....	18
Appetite Problems/Weight Loss.....	19
Skin, Nail, Hair Changes.....	20
Information on How to Quit Smoking.....	21
Your Self-Care Plan	
Caring for Your Own Health Needs.....	22
Developing a Self Care Plan.....	27
My Self Care Plan.....	30
Resources: Physical Well-Being	
Foods and Drinks : High in Calories or Protein.....	31
Foods That are Easy on a Sore Mouth.....	32
Liquid Foods.....	33
Foods and Drinks That Are Easy on the Stomach.....	35
Yakima Fruit Paste Recipe.....	36
Pursed Lip Breathing.....	37
Breathing: Relaxation Exercises.....	38
Bowel Regimen for Constipation.....	39
Part 2: Psychological Well-Being	44
General Information on Caring for the Patient’s Emotional Needs.....	48
Worry and Fear.....	48
Depression.....	49
Anger.....	50

Cognitive Changes.....	51
Your Self-Care Plan	
Caring for Your Own Emotional Needs.....	52
Refining Your Self Care Plan.....	55
My Self Care Plan.....	58
Resources: Psychological Well-Being	
Relaxation Techniques and Mind/Body Practices.....	59
Positive Self-Talk: Creating and Using Affirmations.....	61
Part 3: Social Well-Being	63
General Information on Caring for the Patient’s Social Concerns.....	67
Changes with Relationships.....	70
Communication.....	71
Sexual Changes.....	72
Social Support.....	73
Financial Burdens.....	74
Healthcare Planning.....	75
Your Self-Care Plan	
Caring for Your Own Social Needs.....	76
Refining Your Self Care Plan.....	79
My Self Care Plan.....	82
Resources: Social Well-Being	83
“Taking Care of Business” Forms.....	83
Advance Health Directive Forms.....	89
Part 4: Spiritual Well-Being	98
General Information on Caring for the Patient’s Spiritual Concerns.....	102
Purpose and Meaning in Life.....	104
Hope.....	105
Redefining Self and Priorities in Life.....	106
Inner Strength.....	107

Uncertainty.....	108
Positive Changes.....	109

Your Self-Care Plan

Caring for Your Own Spiritual Needs.....	110
Refining Your Self Care Plan.....	113
My Self Care Plan.....	116

Resources for Spiritual Well-Being..... 117

Other Resources

List of Important Phone Numbers.....	118
Resource List.....	119

SAMPLE