

Evidence-Based Cancer Control Programs (EBCCP) Connection

November 2024

Spotlights

November is
**National Family
Caregivers Month**



November is National Family Caregivers Month, and the Evidence-Based Cancer Control Programs (EBCCP) website features six cancer supportive care [programs](#). The supportive care programs are designed to provide support for cancer survivors and their caregivers. Many of the programs can be delivered in a clinical or home setting and have been implemented in a variety of community types (e.g., rural, urban).

Cancer Supportive Care Programs

Bright IDEAS: Problem-Solving Skills Training was designed to reduce the emotional distress in mothers of children recently diagnosed with cancer; this coping skills training teaches a five-step problem-solving approach applicable to situations commonly encountered during pediatric cancer treatment. The study reviewed for EBCCP showed improvements in various problem-solving skills and mood and stress symptoms.

Family-based Interventions (The FOCUS Program) for Men with Prostate Cancer and their Spouses/Partners was designed to enhance the quality of life of men diagnosed with prostate cancer and their spouses/partners; this couples-based intervention provides tailored support through three home visits and two telephone counseling sessions that address family involvement, optimistic attitude, coping effectiveness, uncertainty reduction, and symptom management. The study reviewed for EBCCP showed decreased uncertainty and increased communication between patients and their spouses/partners.

Family-Centered Advance Care Planning for Teens with Cancer (FACE-TC) was designed to enhance the quality of life among young adult cancer patients and their caregivers; this intervention consists of facilitated family sessions focused on advance care planning to prepare for future health care decisions, including end-of-life care. The study reviewed for EBCCP showed an increase in patient-caregiver agreement on treatment preference and to limit treatment; an increase in patients granting decision-making authority to surrogates; a decrease in patient decisional conflict; and increases in completion of an advanced directive, patient spiritual well-being, and patient spiritual meaning/peace.

Palliative Care Intervention for Caregivers of Lung Cancer Patients was designed to enhance the quality of life (QOL) for caregivers of individuals with cancer; this intervention has three key components: a baseline assessment with the caregiver to create a personalized palliative care plan, a case presentation to an interdisciplinary team to make recommendations for supportive care referrals and community resources, and four nurse-led one-on-one educational sessions addressing self-care and QOL. The study reviewed for EBCCP showed an increase in QOL and decreases in psychological distress and caregiver burden.

Surviving Cancer Competently Intervention Program (SCCIP) was designed to help adolescent cancer survivors and their families enhance their skills for coping with cancer; this one-day manualized intervention delivered in four group sessions combines cognitive-behavioral and family therapy approaches to reduce posttraumatic stress symptoms (e.g., intrusive memories, avoidance, hypervigilance). The study reviewed for EBCCP showed decreases in hyperarousal, intrusive thoughts, and state anxiety.

[The Touch, Caring and Cancer Program](#) was designed to enhance the quality of life for cancer patients and their caregivers through the use of touch; this self-directed multi-media instructional intervention teaches simple techniques to provide comfort and relaxation in cancer caregiving through a video, an illustrated manual, and e-books. The study reviewed for EBCCP showed decreases in patient symptom ratings (e.g., for pain and nausea) and increased caregiver self-efficacy.

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