



*Lorestan University of Medical Sciences  
Faculty of Khorramabad Nursing & Midwifery*

*A Thesis  
Presented for the  
Degree of Master of Sciences  
In Medical-Surgical Nursing*

**Title**  
Effect of counseling and telephone follow-up on the care  
burden of family caregivers  
of patients with cancer

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## Abstract

**Background and Aims:** Cancer is one of the most common diseases around the world, affecting both the patient and his family members. The family caregivers of these patients face a number of problems in adapting to the responsibilities and problems caused by care and treatment of patients, which leads to care burden. Therefore designing appropriate strategies to reduce this burden seems necessary.

**Material and Method:** The present study is a quasi-experimental study of two groups of pretest-posttest. 69 family caregivers of patients with cancer referred to one of the hospitals affiliated to Lorestan University of Medical Sciences in Iran in 2020 were selected by convenience sampling method. They were then randomly assigned to the experimental and control groups. The experimental group received two training sessions of 45 to 60 minutes in two weeks and at the end of the sessions were given two training booklets. One week after the end of the sessions, the intervention group received telephone counseling on a weekly basis for six weeks. The control group did not receive any training from the researcher except for the routine training. Family Caregiver care burden was Caregiver burden scale Novak and Gast (1989) Caregiver burden immediately and six weeks after the re-study. For statistical analysis, SPSS software version 21, independent t-test, paired t-test and Analysis of variance of duplicate sizes used.

**Results:** The study results showed that both experimental and control groups were homogeneous in terms of demographic information. In the pre-test, the mean total score of care burden in the intervention group was  $77.33 \pm 8.49$  and  $78.86 \pm 11.22$  in the control group that the two groups had no statistically significant difference. But in the post-test, the mean score of total care burden in the intervention group was  $52.78 \pm 6.86$  and in the control group ( $78.83 \pm 10.41$ ) which had a significant difference ( $p < 0.001$ ). In the experimental group, changes in the mean score of caregivers' total care burden over time were significant ( $p < 0.001$ ) but not significant in the control group.

**Conclusion:** Conclusion: The use of counseling and telephone follow-up program can be effective in reducing the care burden of family caregivers cancer patients. Therefore, it is suggested that health system managers while providing the necessary conditions should encourage their employees to provide a telephone counseling program.

**Keywords:** Caregiver burden, cancer, Family caregivers, Telephone counseling, Telephone follow-up