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Complementary and Alternative Medicine Attitudes and Use in Caregivers of Patients with Lung Cancer

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MAGNET RECOGNIZED AMERICAN NURSES CREDENTIALING CENTER

PROVIDENCE Health & Services Southern California

Background

- Lung cancer (LC) is the second leading cause of death & leading cause of cancer death in the U.S.
- Support & care is often provided by informal caregivers
- The extent and diversity of the caregiving experience may jeopardize psychological well-being
- Complementary and alternative medicine (CAM) approaches have been used in other populations to improve psychological well-being with promising outcomes .

Purpose

- Describe, examine relationships, and identify independent predictors of caregivers characteristics, and CAM attitudes and use in caregivers of patient with LC.
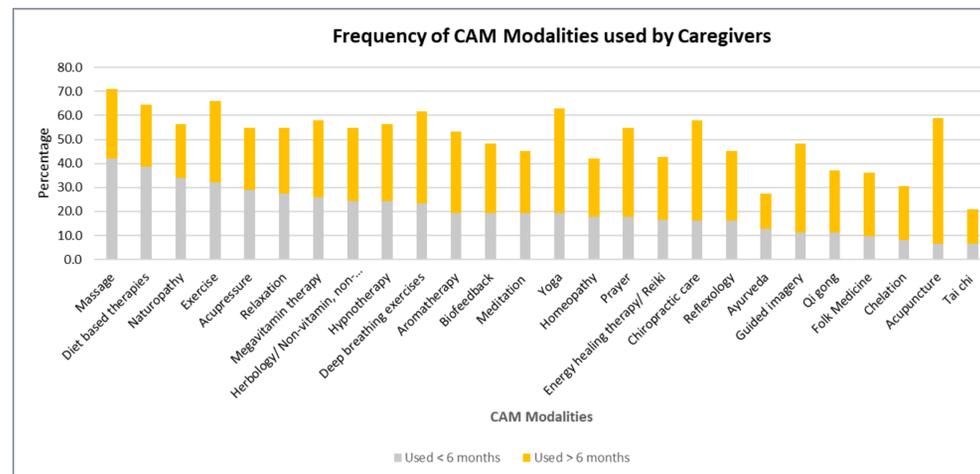
IRB Approval

- University of California, Irvine
- Written permission for site recruitment received from PSJH IRB (Southern CA, & UC San Diego

Methods

- Cross-sectional
- Descriptive, exploratory
- Inclusion:
    - $\geq$ 18 years old
    - Self-identified primary caregiver of patient diagnosed with LC
    - Patient has received treatment (chemo, radiation, surgery) in the past 12 months
    - Able to speak, read, and understand English
- Convenience sample
    - Word of Mouth (Los Angeles & Orange County)
    - Cancer Center: Social Worker Recruitment
    - Social Media
- 128 Questions Survey (Online)
- 25 Minutes
    - Demographics
    - Holistic and Complementary and Alternative questionnaire
    - Complementary and Alternative Medicine Usage Survey
- $25.00 Gift Card
- Descriptive, associations, and regression statistical analysis (SPSS)

References available upon request

Frequency of CAM Modalities used by Caregivers

Used < 6 months   Used > 6 months

Key Variable Correlation Matrix – CAM Attitudes and CAM use

Variable	1	2	3	4	5	6
1. College Educated	1					
2. Full-Time Employment	.472**	1				
3. Income $\geq$ $76,000	.595**	.844**	1			
4. Living with patient	.172	0.215	0.241	1		
5. CAM attitudes	-.279*	-.422**	-.420**	-.398**	1	
6. CAM use	.283*	.329*	.403**	.090	-.370*	1

Note. *p <0.05, **p<0.01

Results

- 62 Participants
- **Demographics**
- Mean age 37.9 (9.1), 53.2% Female, 54.8% White, 73.8% College Graduates, 71% Employed Full-Time, and 71% income $\geq$ $76,000
- **Caregiver Characteristics**
- 40.3% Spouse, 85% live with patient, 90.3% cared for patient > 6 months, and 72.1% provided care > 4 hours/day
- **CAM Use & CAM Attitudes**
- 93% used at least 1 CAM modality
    - Mean of 4.8 Modalities used per participant
- 85.5% had positive attitudes toward CAM
- **Associations**
- $\uparrow$ in CAM use & attitudes was associated with education, employment, & income.
- $\uparrow$ CAM attitudes was associated with living with the patient
- $\uparrow$ CAM use & $\uparrow$ attitudes associated
- **Regression Analysis**
- Working full-time and living with the patient was positively associated with CAM attitudes (beta = -4.898, *p* = .003; beta = -6.048, *p* = .002), respectively. Age $\leq$ 39 years were negatively associated with CAM attitudes (beta = 3.173, *p* = .032)
- Being a spouse to the patient and having an income $\geq$ $76,000 were positively associated with CAM use (beta = 2.179, *p* = .001; beta = 1.342, *p* = .041), respectively.

Linear Regression Models – CAM Attitudes and CAM use

Variable	β[a]	SE	p value
[b]CAM Attitudes			
Full-time Employment	-4.898	1.589	.003
Living with Patient	-6.048	1.899	.002
Age $\leq$ 39	3.173	1.447	.032
CAM Use			
Relationship to Patient (Spouse)	2.179	.613	.001
Income $\geq$ $76,000	1.342	.640	.041

Note. SE: standard error
[a]Regression Coefficient
[b]CAM attitudes = negative scores indicate more positive CAM attitudes.

Discussion/ Implications

- Study indicates that caregivers of patients with LC are using CAM and having positive attitudes towards CAM
- CAM resources should be provided as an option to caregivers
- Future research should explore CAM modalities as predictors of psychological well-being
- Studies that measure and test the effectiveness of CAM modalities
- Studies that measure duration and frequency of CAM use