

# Knowledge and information needs of unpaid caregivers of individuals with a current or past pressure injury: A qualitative research study

Sharon Gabison<sup>1,2</sup>, Isabel Tsang<sup>1</sup>, Raquel Sinclair<sup>1</sup>, Nicole Cesca<sup>1,3</sup>, Janelle Unger<sup>4</sup>, Tilak Dutta<sup>1,5</sup>, Jill Cameron<sup>1,6</sup>

<sup>1</sup> KITE Research Institute, Toronto Rehabilitation Institute - University Health Network, <sup>2</sup> Department of Physical Therapy, Temerty Faculty of Medicine, University of Toronto, <sup>3</sup> Rehabilitation Sciences Institute, Temerty Faculty of Medicine, University of Toronto, <sup>4</sup> School of Physical Therapy, Faculty of Health Sciences, Western University, <sup>5</sup> Institute of Biomedical Engineering, University of Toronto, <sup>6</sup> Department of Occupational Science and Occupational Therapy, Temerty Faculty of Medicine, University of Toronto

## BACKGROUND

**1 in 3** individuals living with SCI have a PI<sup>1</sup>

**Pressure injuries (PIs)** are localised damage to the skin resulting from prolonged tissue deformation<sup>2</sup>



PIs reduce the quality of life among affected individuals and their caregivers<sup>3</sup>



**Unpaid caregivers play a vital role in preventing and managing PIs** but may lack the knowledge and training needed to provide proper care for PIs

There is a lack of research exploring the educational needs that unpaid caregivers require to help prevent and manage PIs

## OBJECTIVE

To explore the existing knowledge and information needs of unpaid caregivers assisting individuals with a current or past PI.

## METHODS

**Study Design:** Qualitative descriptive study using semi-structured interviews

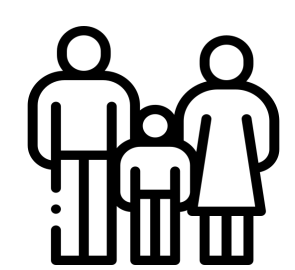
### Inclusion Criteria:

- Unpaid caregiver providing care for a person living with a current or past history of a PI
- At least 18 years of age
- Speak and understand English

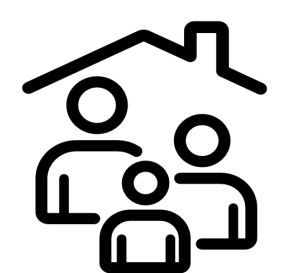
Interviews were transcribed verbatim, reviewed for accuracy, and coded using NVivo. **Inductive content analysis** was used to generate themes and subthemes.

## PARTICIPANT DEMOGRAPHICS

Eleven unpaid caregivers (n=3 male, n=8 female) participated in this study



All caregivers were providing unpaid care for a relative



Most caregivers were assisting relatives who lived in the same household (n=9)



All caregivers had some form of post-secondary school education

Caregivers provided care ranging from less than 1 year to more than 10 years (median 24 months)

## RESULTS

Three themes and seven subthemes were generated



## DISCUSSION

- ❖ **Caregivers had a basic understanding of PI prevention and management, but lacked specific knowledge about PIs**, a finding consistent with previous research<sup>4</sup>
- ❖ Consistent with previous research,<sup>5</sup> caregivers identified **healthcare professionals as the most trusted source of information**
- ❖ **Paradox of the Internet as the most preferred but least trustworthy source of information** was consistent with previous research related to other healthcare conditions<sup>5,6</sup>
- ❖ **Pamphlets, videos, and pictures were perceived to be useful educational tools**, a finding supported by studies related to PIs and other medical conditions<sup>7,8</sup>
- ❖ There is **no consensus among participants regarding the ideal time to receive PI information, whether prior to a PI or at the time of PI diagnosis** similar to existing literature<sup>9,10</sup>
- ❖ The **content and timing of information should be tailored to the caregivers' needs and situation**, a finding noted by previous research<sup>11,12</sup>

## IMPLICATIONS & RECOMMENDATIONS

- 1 Findings from this work may inform the development of effective PI educational tools related to PI prevention and management
- 2 For information to be helpful, the content and timing of delivery must be tailored to the caregiver's situation and characteristics of the caregiver
- 3 Healthcare professionals should direct patients and caregivers to reliable internet sources during medical visits or be more involved in the development of reliable online resources

## CONCLUSION

- Caregivers desire more reliable online PI resources
- Pamphlets, videos and pictures may help caregivers better understand PIs
- PI content and timing of delivery should be tailored to caregivers' needs and situation
- Healthcare professionals should be involved in designing and/or curating high-quality PI instructional resources

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