




Experiences and quality of life of people caring for someone with lung cancer in Europe

DAILY LIFE



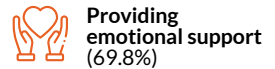
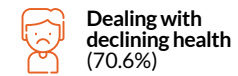
Main reasons

-  Own emotional concerns (63.1%)
-  Treatment requirements (54.1%)
-  Caregiving responsibilities (49.1%)

Most participants experienced stress while providing care:



Factors contributing to stress:



Physical problems since starting caregiving - mainly sleep disturbances (**94.7%**) and fatigue (**91.1%**)



82.3%

36.9%



Acknowledged that they have **not attended all of their own medical appointments**

BALANCING CAREGIVING WITH OWN CARE

Reduction of physical activity due to their emotional situation (**59.5%**) and fatigue (**53.2%**)



53.7%

46.2%



Reported that they **did not have time for themselves** and **30.7%** had lost their personal privacy

Stated that they did **not self-care** at all or just a little bit



51.8%

46.6%



Impact on nutrition - changes in eating patterns due to stress (**67.6%**); nutrition became a secondary concern (**59.8%**)

HEALTHCARE



did not feel supported in their role as caregivers



did not receive any support to improve their health / QoL



8 out of 10 were involved in treatment decisions



44.3% guarded medical information to protect their loved one

CALL TO ACTION

- Ensure access to supports to help with the impact of lung cancer and treatment.
- Develop care plans and educational programmes with the aim to improve quality of life for people impacted by lung cancer.
- Develop better communication between people impacted by lung cancer and healthcare professionals.
- Raise awareness and develop communication support concerning end-of-life care.

Methodology

Answers based on a 44 question survey (05/20/2021 - 07/01/2021; n=285).
The full report can be accessed here: www.lungcancereurope.eu

Get in touch: