

## Journal Watch – Nutrition – July 2018

### Article:

The nourishing role: exploratory qualitative research revealing unmet support needs in family carers of patients with advanced cancer and eating problems

Hopkinson JB

Cancer Nurs. 2018 Mar/Apr; 41(2): 131-138

Article link: doi:10.1097/NCC.0000000000000474

### Review:

**Strengths:** The author clearly outlines the purpose of the study, and situates it in the context of research already being done. Uses 2 specialist palliative home care teams. Utilized semi-structured interviews with the patient/carer dyad and they identified that the interviewer was an experienced cancer and palliative care nurse researcher. Clearly outline how rigor was maintained

**Weaknesses:** Only 4 of 31 patients in the patient/carer dyads were female. Dyads do not appear to have been interviewed together. Patients didn't discuss the support needed for the carer – and I wonder if this is because the patient did not volunteer, or if the PI did not ask? Not clear why this did not come up. All participants were white, and from England. Not clear how this would transfer to other cultures. Not clear how this would transfer to patients at earlier stages. Did not discuss if non-cure intent treatment was taking place, or the stage of cachexia.

**Relevance to Palliative care:** Palliative care involves the care of patients and their carers; a stronger understanding of the experience of these carers permits a more thorough intervention at the distress related to weight loss, and potentially interventions to support patients/carers.