

P 006 **CANCER CARERS MEDICINES MANAGEMENT:
A FEASIBILITY TRIAL OF AN EDUCATIONAL
INTERVENTION FOR MANAGING END OF LIFE PAIN
MEDICATION**

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Introduction Family carers need support with managing end-of-life pain medicines, yet no UK research has developed and tested interventions to help with this.

We have recently completed a Phase I-II feasibility study, funded by Dimpleby Marie Curie, to test a new intervention: Cancer Carer Medicines Management (CCMM).

Aim(s) and method(s) To test the feasibility, acceptability and efficacy of CCMM to improve carers' knowledge, beliefs, and self-efficacy for pain medicines management.

Phase I We used an incremental, multi-method approach to develop CCMM including a systematic review of interventions for carer end-of-life medicines management, interviews and action research workshops. **Phase II:** A two arm, cluster randomised feasibility trial of CCMM with outcomes at baseline, 1 and 4 weeks post-intervention and a qualitative sub-study of CCMM acceptability and trial methods, with carer interviews conducted 1 and 4 weeks post-intervention, and with nurses on study completion.

Results Phase I enabled us to develop an evidence-based, clinically applicable intervention. In Phase II we recruited, randomised and trained nurses to use CCMM at two sites. 16 patient-carer dyads were recruited to the study; 8 dyads completed the study protocol. 10 of 12 study nurses took part in an interview. We will present results on study feasibility and acceptability including: the randomisation process; recruitment and attrition rates; key factors that promoted or inhibited routine utilization of CCMM by nurses and carers; and obstacles to the trial process.

Conclusions A newly developed intervention for carers was tested in a feasibility trial. Important lessons were learned to inform the design and evaluation of future research in this area.