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Science Internship Program:
Applied Medicine

Civic Education
Office of Government and
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An Analysis of Patient Education Materials in the Leukemia Department

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Abstract

• It has been established through previous studies that a lack of patient education can lead to anxiety and pain.
• At CCF, the leukemia department has less resources available for patients than other cancer programs.
• After researching acute myeloid leukemia (AML), a pamphlet was created to inform patients about induction treatment.
• The pamphlet was handed out to staff with a survey. The results from the survey were analyzed.
• It was concluded that patient education materials in the Cleveland Clinic leukemia department could be improved.
Acute myeloid leukemia (AML) is a cancer of the blood and bone marrow.

AML is the most common type of leukemia.

When a patient is diagnosed with AML at the Cleveland Clinic, he or she receives a patient education binder.

This project targeted the population of patients who are receiving induction (chemotherapy) whose hospital stay could be 4-6 weeks.
Problem/Purpose

- The leukemia department at the Cleveland Clinic has a need for better patient education material concerning the first round of chemotherapy for AML.
Hypothesis

• If the current patient education material was improved by creating a brief pamphlet that contained topics of interest during induction treatment, patients with AML would be more informed, which would result in less anxiety about treatment.
Methodology

- Researched AML
- Analyzed current patient education material
- Gathered information on topics that current patient education material lacked
- Looked at previous research on the impact of patient education
- Created informational pamphlet to be added to current patient education material
Methodology (cont.)

- Created survey for staff
- Sent proposed addition and survey to staff
- Analyzed data and results from surveys
- Drew conclusions
A study was performed with 230 cancer patients to lessen the pain of cancer patients using a “planned patient education program.”

- 44% of the experimental group, as compared to 24% of the control group, reported no or mild pain.

A study analyzed the impact of preparatory patient education on decreasing anxiety and improving satisfaction during the course of treatment.

- Experimental group was less anxious and more satisfied during treatment than control group.
- Effects lasted through the treatment, up to 7 weeks.
In a study about communication in hospitals through the perspective of patients, 100 patients were interviewed about the information they were given about their illness and the investigations they had undergone.

- 55 of the patients communicated some dissatisfaction and 14 were strongly dissatisfied.
- 24 patients would have liked more information on why they underwent the investigations.
- 38 patients believed they had not been told enough about the results of their investigations.
- Patients developed anxiety and fear from lack of information.
- Study recommended improvement in communication between patients and doctors.
<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
</tr>
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<tbody>
<tr>
<td>Do you know why a chest x-ray is necessary?</td>
<td>Yes: 70</td>
</tr>
<tr>
<td>Were you given prior warning of what to expect?</td>
<td>Yes: 8</td>
</tr>
<tr>
<td>Did anyone explain to you what was going on during the test?</td>
<td>Yes: 15</td>
</tr>
<tr>
<td>Do you know the result of the chest x-ray?</td>
<td>Yes: 18</td>
</tr>
</tbody>
</table>

From “No News is Bad News: Patients' Views About Communication in Hospital” by Maureen Reynolds
Results/Outcomes

• 89% of the staff said that the current AML patient education binder in the leukemia department could improve.
• 56% of the staff said that patients asked a lot of questions during treatment.
• 56% of the staff said that patients still asked for more resources even after receiving the patient education binder.
After treatment begins, are patients and their caregivers aware of how long treatment will last?

- Yes: 56%
- No: 33%
- To some extent: 11%
- Not sure: 0%
Results/Outcomes (cont.)
Conclusions

• In general, patient education and communication between medical staff and patients played an important role in the amount of pain and anxiety patients feel.

• Patient education materials in the leukemia department could use improvement.

• Based on the current literature, improving patient education during induction therapy might lessen anxiety and pain.
Recommendations

• Be mindful of the impact of education materials on the patient.
• Get the opinions of in-patient staff and patients on education materials in the leukemia department.
• Perform a study to analyze if the new addition to patient education materials do in fact reduce anxiety and pain.
References

References (cont.)


References (cont.)


References (cont.)


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