

## *Call to Participate in a Research Study...*

# **The Caring and Cancer Project**

## **A Unique Opportunity for People with Cancer and Their Caregivers**

**I**f you or your partner are living with cancer you may be eligible to participate together in a special project in the greater Boston and Portland areas sponsored by the **National Cancer Institute**. This is an experimental study to evaluate an instructional DVD program for caregivers in how to use simple touch and massage techniques at home to provide comfort and relaxation to the patient. Researchers have found these methods can safely reduce symptoms and side effects. We want to see how effective the DVD program is in teaching caregivers at home.

The caregiver may be a spouse, family member, partner or close friend who provides care. Participants will be randomly assigned to one of two groups. One group will begin using the DVD program immediately. The second group will receive it in 4 weeks; until then they will do another "quality time together" activity each week.

### ***What are the benefits?***

- Caregivers will learn simple ways to provide comfort and relaxation to patients at home.
- Patients may benefit from improved caregiving at home.
- Participants will contribute to knowledge that may benefit other patients and their caregivers.

### ***Who is eligible?***

- All participants must be able to speak and read English.
- The patient must be experiencing the effects of cancer or its treatments.
- Both caregiver and patient must be able to attend an orientation meeting for instructions (about 2½ hours).
- The caregiver must have no prior instruction in massage or touch therapy techniques.
- Both must be willing to do their assigned caregiving activity each week and complete the data collection procedures.
- Applicants will be selected based on the need for diverse representation in the study.

### ***Will we be paid to participate?***

- Each pair (patient and caregiver) will receive \$640 for completion of all data collection.

### ***What is involved?***

- Complete an Application and Medical Information form to determine eligibility.
- Be interviewed by a project staff member to go over the Consent Form for Research Participants.
- Attend an orientation meeting together to receive instructions for how to participate. Meetings last about 2½ hours and are in the greater Boston and Portland areas.
- Caregivers practice their assigned activity at home for at least 20 minutes each week for 20 weeks. Caregivers will be assigned to either (1) use the techniques taught in the DVD, or (2) give quality time to the patient for 4 weeks by reading aloud from any literature that is enjoyable to the patient (poetry, stories, spirituality, humor, etc.), and then join the others using the DVD program.
- Mail in a brief activity report card each week.
- Complete a brief survey 4 times during the study (patients also provide saliva samples for measuring stress hormones).

### ***Who's conducting the project?***

Collinge and Associates  
William Collinge, Ph.D.  
Principal Investigator  
16 Shapleigh Road  
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Phone (207)439-8049

### **HOW TO APPLY**

To apply or for more information please call:

**Mary Malinski, RN**  
**Project Consultant**  
**(503)216-4687**

**Miriam Price-Eubanks**  
**Project Manager**  
**(617)459-7714**

Or visit:  
[www.collinge.org](http://www.collinge.org)