

Comforting Touch as a Co-Occupation Between Hospice-Care Clients and Their Caregivers

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Introduction

Co-occupation can be defined as an activity shared between two or more people:

- Sharing a meal together
- Watching TV
- Going on walks

However, patients in hospice care begin to lose interest in activities that once brought them joy or activities they shared with their loved ones as their illness progresses.

Comforting touch is meant to be used as a non-strenuous means to still enjoy companionship with their loved ones in a meaningful way.

My capstone project aims to assess the efficacy and satisfaction of using comforting touch as means to a newfound shared experience between hospice care clients and their loved ones.

Site Information

Hope Healthcare is a hospice facility with its primary office in Garland, Texas and a secondary office in Greenville, Texas.

Hope offers services ranging from medical and personal care, emotional and social support, as well as spiritual and bereavement care.

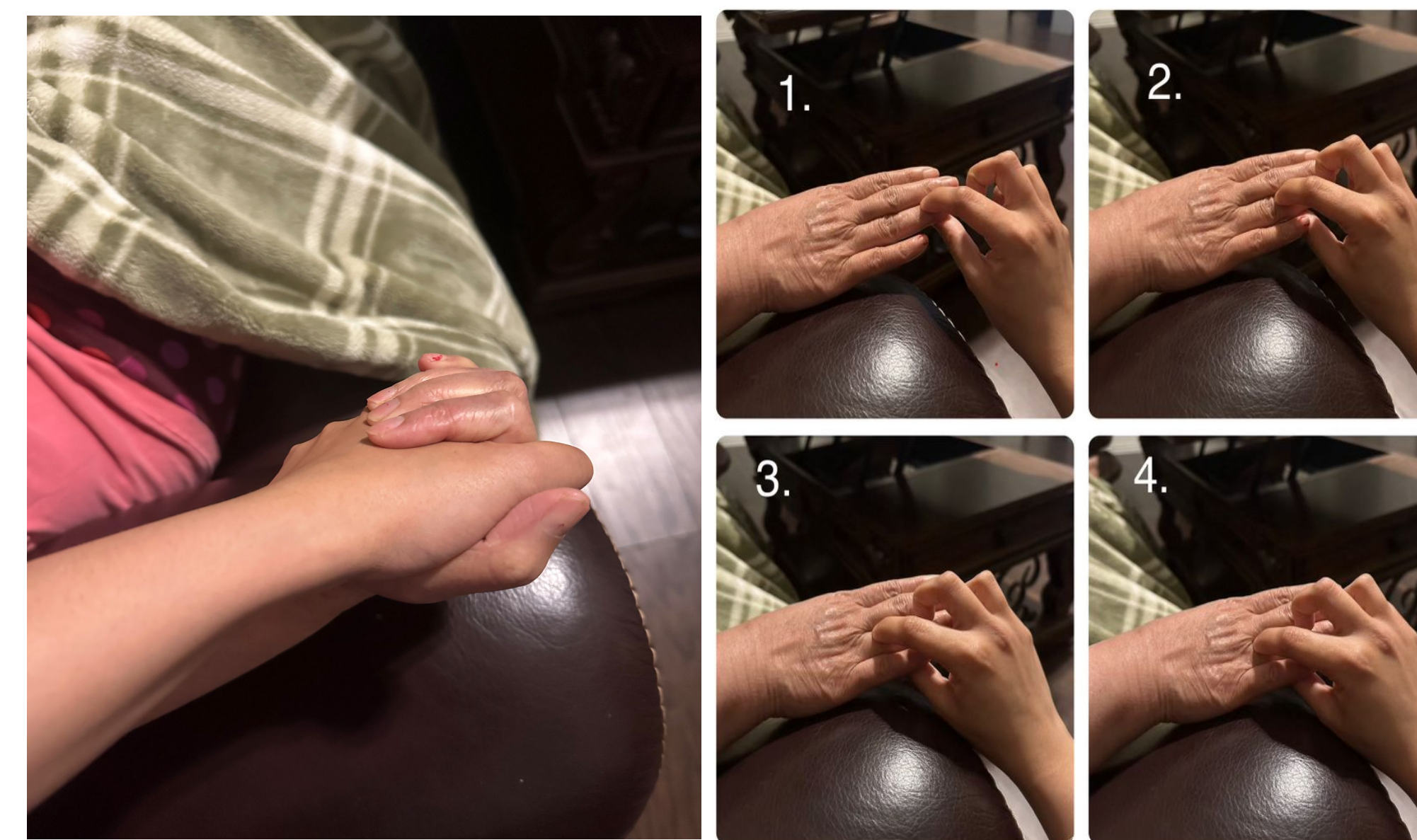
In order to qualify for hospice services, a life expectancy of 6 months or less is required. Its focus is comfort and symptom relief, as opposed to aggressive treatments.

Method/Program Activities

After conducting needs assessment, 4-week program began:

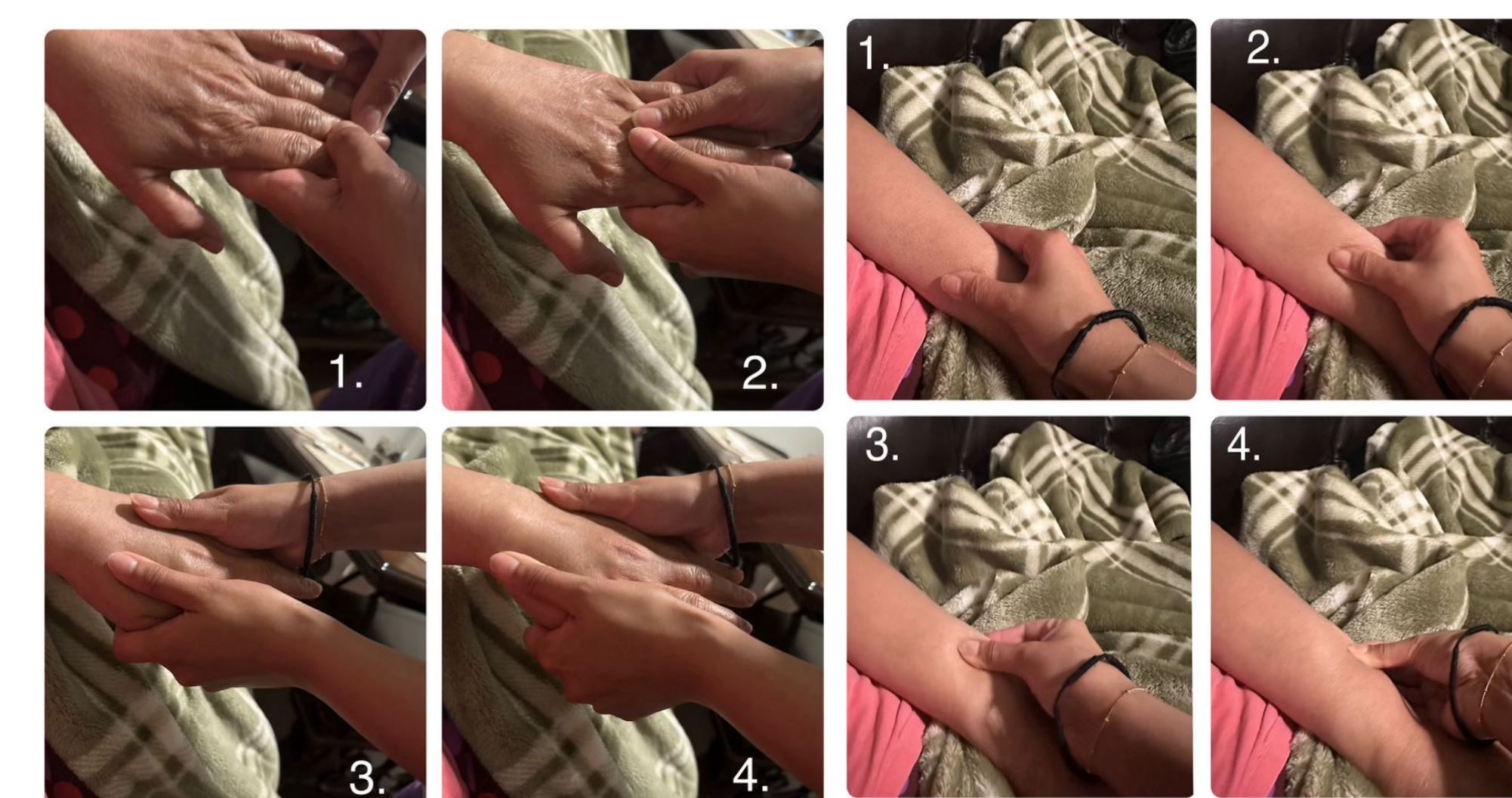
- Week 1: Hand holding
- Week 2: Gliding strokes
- Week 3: Retrograde strokes
- Week 4: Kneading

Relative Mastery Measurement Scale (RMMS) was administered during week 1, prior to starting, as well as at the end of week 4.



Hand Holding

Gliding Strokes



Retrograde Strokes

Kneading

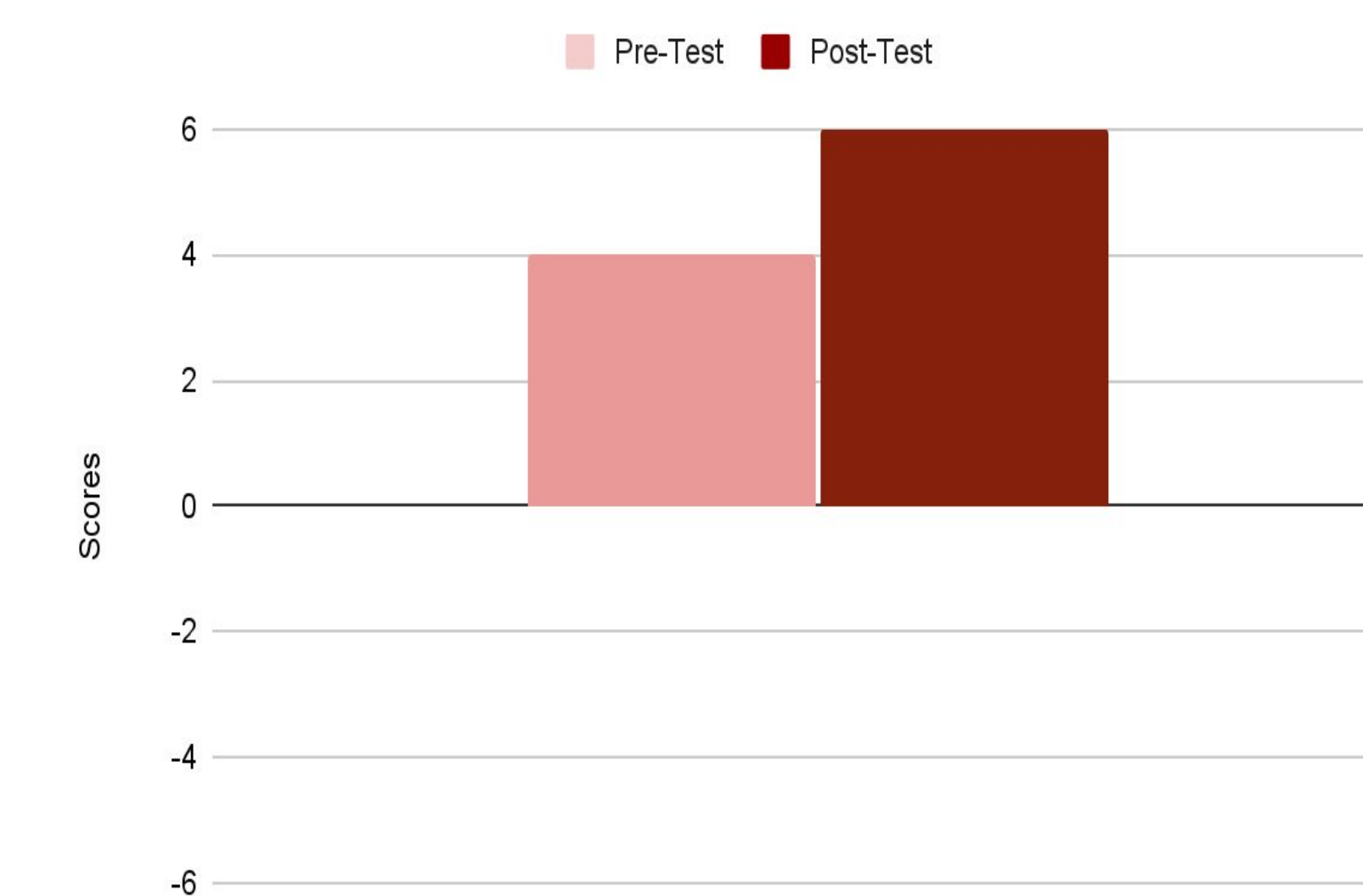
Outcomes

Relative Mastery Measurement Scale Scores:

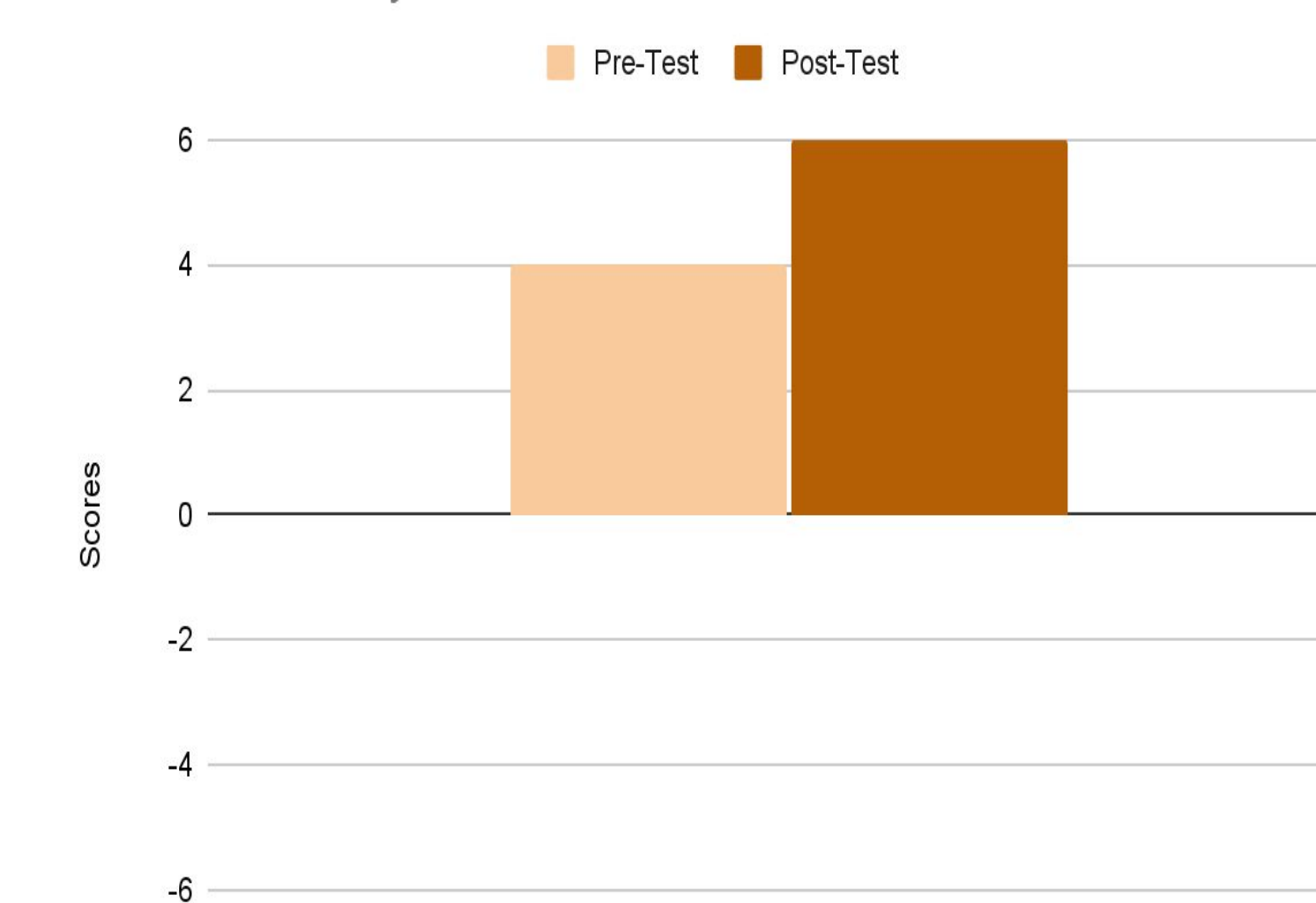
Pre/Post-Test survey administered to hospice patient's caregiver to assess for efficacy and satisfaction of program. After completing post-assessment, there was a 2 point increase in both efficacy and satisfaction scores.

n=1

Relative Mastery Measurement Scale: Efficacy



Relative Mastery Measurement Scale: Satisfaction



Program Timeline

COMFORTING TOUCH PROGRAM

