

INSTITUTE FOR NURSING RESEARCH AND SCHOLARSHIP
COLLEGE OF NURSING

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PROJECT TITLE: The TASK III Project: Caregiver Self-Management Needs Through Skill-Building (IRB # 2016-8508)

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Project Description

Stroke is a leading cause of serious, long-term disability, and has a very sudden onset. Family caregivers of stroke survivors are often thrust into providing care with very little training from health care providers. Unlike existing stroke family caregiver interventions that require costly face to face interactions, and that focus primarily on the survivor's care, the Telephone Assessment and Skill-Building Kit (TASK II) is delivered completely by telephone, and empowers caregivers to address both their own and the survivor's needs using innovative skill-building strategies. The purpose of this study is to optimize the TASK III intervention through the innovative leveraging of new technologies (TASK III website and eBook). We will determine feasibility of the TASK III intervention with a pilot study of 74 stroke caregivers randomized to TASK III or an Information, Support, and Referral (ISR) group in preparation for a larger randomized controlled clinical trial. Recruitment of caregivers, retention, treatment fidelity, satisfaction, and technology ratings will be obtained for both TASK III and ISR groups. Both groups will receive 8 weekly calls from a registered nurse (RN), with a booster session a month later. Data collectors will interview caregivers at baseline (when they are enrolled in the study), and at 8 weeks (end of intervention) and 12 weeks (after booster). If TASK III is shown to be efficacious in a future randomized controlled clinical trial, our next goal will be to translate TASK III into ongoing stroke systems of care; and, someday to adapt it for use among caregivers with other debilitating/chronic conditions.

The WISE undergraduate student will have an opportunity to participate in the research study through a variety of assignments denoted by the principle investigator and the project manager. Examples of assignments will be to: screen and obtain informed consent for caregivers interested in the study,

participate as a data collector by interviewing caregivers about their health and well-being, input data into the REDCap data management system, participate in data analysis and writing of reports, perform literature searches, and assist with writing manuscripts for publication. The WISE student will undergo orientation, training, and mentoring by both the principal investigator and the project manager. The student will be required to complete CITI Training and ePAS procedures for IRB approval prior to study participation.