

## Logic Model

### Outcomes

Through this project, we developed ways for caregivers to adopt a self-care plan by first understanding their needs and then providing more information on the resources Hope and Cope offers through videos and information binders.

### Outputs

I interviewed 40 caregivers, conducted 6 focused interviews, and created a comprehensive list of mental health providers for the caregivers.

### Activities

I conducted interviews to measure caregivers' stress levels and their interest in mental health care resources. I then did focused interviews to better understand what the healthcare team can do to improve care. The interviews will be used to make organizational changes to better serve needs of the caregivers.

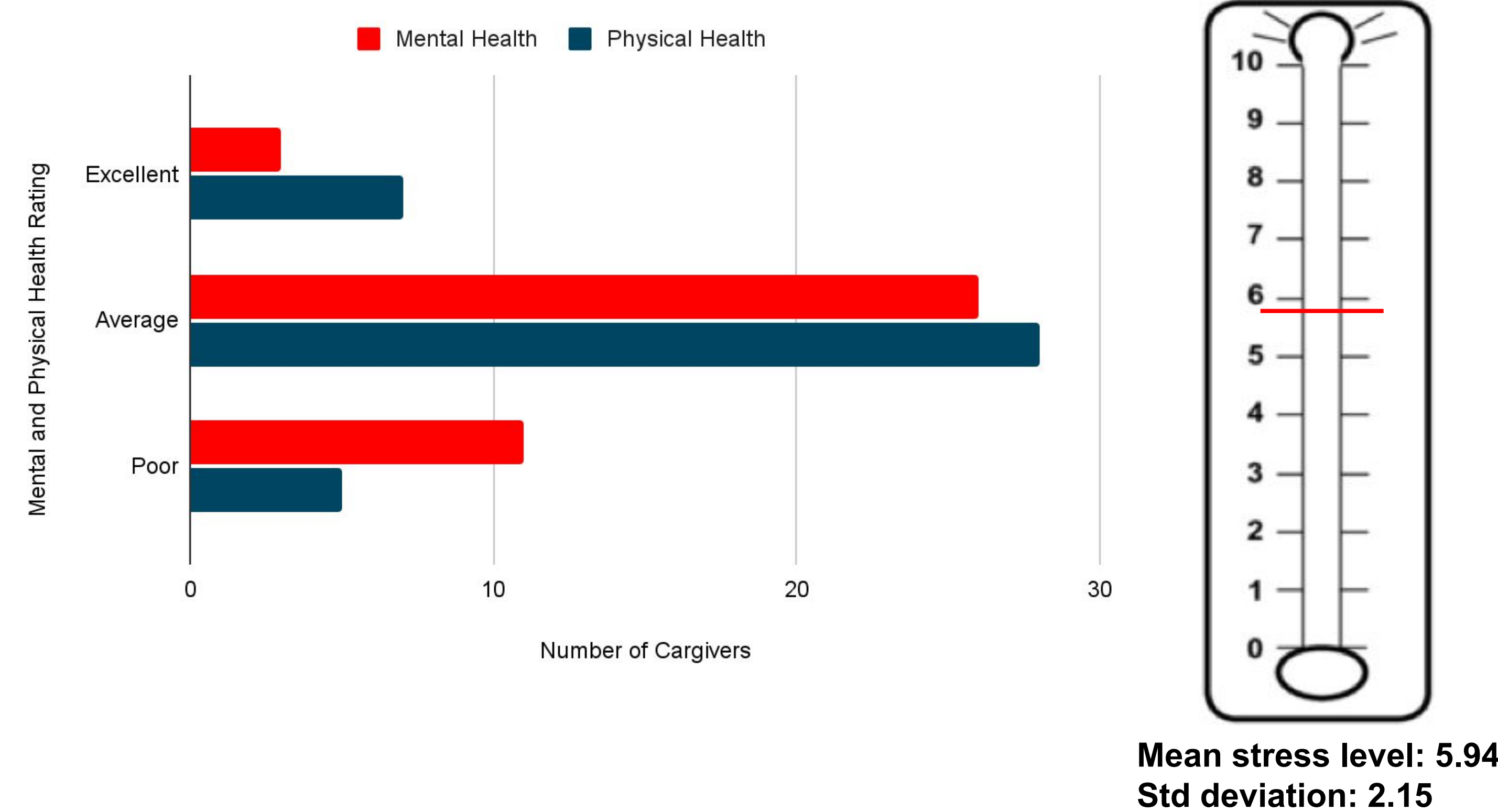
### Inputs

All of the participants were given \$25 gift cards. The expertise of my academic and site mentor were crucial to the project.

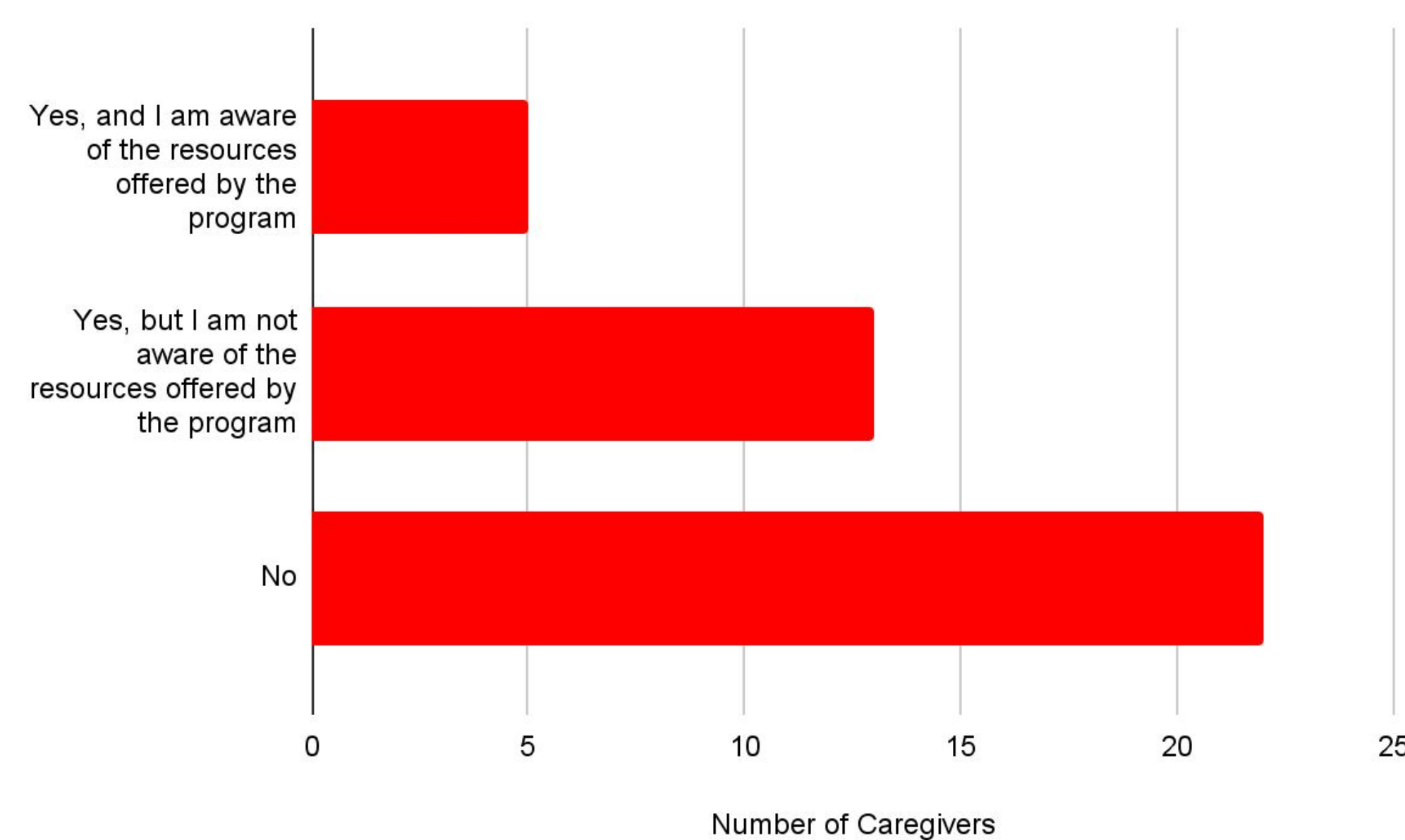
## Introduction

A pediatric diagnosis of leukemia/lymphoma can be an extremely challenging time for both the patient and caregivers. The uncertainty and severity of the diagnosis can be emotionally and psychologically traumatic and draining. Addressing the mental health of caregivers is not only important for the caregivers themselves, but it also influences the treatment and mental health of the child. Therefore, it is essential to provide mental health support for caregivers.

## Overall caregiver health and stress ratings



## Heard of the Hope and Cope Psychosocial Educational program?



## Impact

This project gave caregivers the opportunity to share their stories regarding their journey throughout their children's treatments. Their feedback collected through interviews will help the Hope and Cope Psychosocial Educational Program increase accessibility and availability of emotional, social, and financial support for both caregivers and patients.

## Critical Assessment

During this project, it was challenging to determine the best way to help caregivers. Since each family had different circumstances and support systems, I spent a lot of time throughout my project listening and getting a better understanding of the challenges faced by caregivers. Through this project, I have learned that health care involves many social factors, which must be addressed by the healthcare team. As a future physician, I will be more aware of these factors and will be more prepared to address them.

## Acknowledgements

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