



**“What else can I do? I’ve tried my very best”:  
exploring the carer experience of supporting patients with nutrition care throughout treatment for head and neck cancer**

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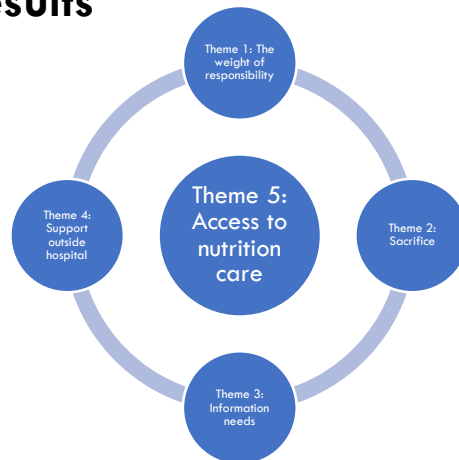
## Aim:

To explore the carer experience of nutrition care between different treatment modalities for head and neck cancer, during and beyond the treatment period

## Methods:

- ❑ Semi-structured interviews at 2 weeks, 3 months and 12 months post treatment completion
- ❑ 14 carers (5 chemoradiation [CRT], 3 surgery, 6 post-operative radiation [PORT])
- ❑ Thematic analysis of interview transcripts

## Results



## Conclusion

- ❑ Carers sacrifice their own quality of life and health to care for the patient
- ❑ Carers of patients undergoing radiation treatment find it easier to access nutrition support from healthcare professionals in comparison to carers of patients having surgery

“While he was still in hospital, I should have got something saying do this to help, to give some direction” (Carer, 3 months post surgery)

“Yeah everyone here has been great just ask anything you want, nothing is too much trouble for anyone here” (Carer, 2 weeks post CRT)

**To achieve the best quality nutrition care for the patient, carers need to be included as part of the healthcare team**