

THE EFFECT OF DISCHARGE EDUCATION FOR RELATIVES OF PALLIATIVE CARE PATIENTS REGARDING PEG USE ON CAREGIVER BURDEN AND QUALITY OF LIFE

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- ✓ Palliative care
- ✓ Peg
- ✓ Discharge education
- ✓ Caregiver burden
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THESIS ABSTRACT

This experimental study was conducted to evaluate the effect of discharge education on the use of percutaneous endoscopic gastrostomy (PEG) on caregiver burden and quality of life among relatives of patients receiving palliative care. In the intervention group, PEG-related knowledge levels were significantly higher at the second and third follow-ups compared to the control group, while stress scores were significantly lower at the second follow-up ($p < 0.05$). No significant difference was found between groups in terms of caregiver burden scores ($p > 0.05$). Regarding quality of life, only the pain domain showed significantly higher scores in the intervention group at the second and third follow-ups ($p < 0.05$).

APPLICATION AREAS OF THE THESIS RESULTS

A structured discharge education program on PEG use may facilitate caregivers' adaptation to the caregiving process by improving their knowledge levels and reducing stress. Therefore, such educational interventions can be integrated as a standard component of palliative care, home healthcare services, and discharge planning.

ACADEMIC ACTIVITIES

1. Arslan, C., & Yıldız, H. (2026). Evaluation of the usability of YouTube videos as educational materials in improving patients' metered dose inhaler use skills: A cross-sectional study. *Medicine*, 105(8), e47786. <https://doi.org/10.1097/MD.00000000000047786>.
2. Arslan, C., & Yıldız, H. (2024). Palliative care in geriatric patients. İçinde F. Eti Aslan (Ed.), *Current Nursing Studies II* (ss. 1–18). Akademisyen Kitabevi.

Palyatif Bakım

ALGI



Hayatın sonundaki bakım

