



## **Cancer CAM™: Web-based Nursing Education on CAM**

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### **Abbreviated Abstract**

The *Cancer CAM™* continuing education program will offer nurses and health educators convenient and accessible continuing education opportunities related to understanding, evaluating, and communicating about complementary and alternative medicine (CAM) in their practice. Grounded in the tenets of adult education, *Cancer CAM™* will use a web-based environment to improve nurses' knowledge and self-efficacy regarding communicating about CAM to both patients and physicians. Phase I prototype testing indicated that such a program can make significant changes in these factors. In Phase II, the lessons learned in the Phase I feasibility demonstration will be used to revise the prototype user interface and fine tune the presentation approach. HealthMark will develop a complete program consisting of 12 modules, each addressing a specific issue regarding cancer and CAM. The program will be submitted for nursing continuing education hours, then tested with nurses to determine self-reported changes in knowledge, self-efficacy, and practice after 1 month of access to the program.

### **Primary Investigator**

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### **Research Team & Affiliations**

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### **Total Budget**

\$913,772

### **Research Objectives**

#### **AIMS**

1. Complete modules for *Cancer CAM™*.
2. Pilot test two representative modules for accreditation purposes.
3. Submit an application package to the Maryland Nurses Association for nursing Continuing Education Unit (CEU) credits.
4. Conduct a product test to determine nurses' degree of knowledge, self-efficacy, and practice change 1 month after completion of modules.



5. Open the *Cancer CAM™* web site.

## Theory/Hypothesis

The null hypothesis that there is no mean difference in knowledge, self-efficacy, and practices between pretest and 1-month follow-up posttest was tested.

## Experimental Design

To evaluate this course, nurses and health educators were recruited to participate in a pretest/posttest study. After completing a pretest, participants were given free access to a test site to complete the 11 modules of *Complementary Therapies & Cancer Care*. One month after completing the modules, participants were mailed a posttest.

## Final Sample Size & Study Demographics

The subjects were 36 working nurses, 22% of whom were also Certified Health Educators. The subjects were 94% female and 53% Caucasian, 42% African American, and 3% Hispanic. The high proportion of females is consistent with the ratio of females to males in the nursing population; the number of African American nurses is a function of the general population profile within the Washington, DC, area.

## Data Collection Methods

Mailed questionnaires

## Outcome Measures

Knowledge, self-efficacy, use of complementary therapies in practice, appropriateness of this product.

## Evaluation Methods

Changes in responses pretest to posttest were evaluated.

## Research Results

- All subjects showed increased confidence across all areas. The average increase in reported confidence was six times greater posttest compared to pretest.
- In regard to knowledge and practice-based efficacy, there was an 8-fold increase in the ability to describe and distinguish between complementary therapies; there was a 10-fold increase in managing and recording use of complementary therapies; and there was an 8-fold increase in identifying and appraising the use of complementary therapies within a variety of cultural contexts.
- One hundred percent agreed that they will incorporate the information into their practice.

## Barriers & Solutions

## Product(s) Developed from This Research

Complementary Therapies and Cancer Care: Online continuing education