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LETTER TO THE EDITOR

Response to Letter to the Editor: The effect of caregiver educational program on caregiver reactions and lifestyle behaviors for caregivers of colorectal cancer patients: a quasi-experimental study

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Dear Editor,

We thank Kajiwara et al. for their interest in our work [1] and for their comments [2].

We agree with Kajiwara et al. that education programs provided to family members caring for colorectal cancer patients can reduce the caregivers' reactions and develop healthy lifestyle behaviors. Because of the primary aim of the study was to measure the effectiveness of the education provided, demographic characteristics of the caregivers constitued the two groups were matched to avoid bias due to caregivers' differences in education levels.

As emphasized by Kjavwera et al. [2], we think that the time of caregiving is directly related to daily life activities. We could not increase physical activity with education in any way. The probable reason for this was the presence of a single caregiver who took care of the patient in both groups, care responsibility for more than 9 h a day, and also the sedentary lifestyle in the society where the study was conducted. On the other hand, we observed positive outcomes regarding other activities of daily living (e.g., interpersonal relationship, nutrition, health responsibility) in the experimental group. It is clear that the positive change in these activities can also positively affect the mental health of caregivers [3].

As Kvaviran said, cultural differences are an important factor on the caregiver. No matter how tired caregivers are, their dedication to continuing to care for a loved family member is a point to note. In the educationed group, there was easier symptom management and a decrease in negative reactions to care, and as a result, we observed that caregivers provided more helpful and effective care [1].

Certainly, focusing on caregiver education programs has a key role in maintaining healthy lifestyle behaviors for caregivers of colorectal cancer patients. Therefore, we believe that it is important that professional education programs become widespread for caregivers.

Declarations

Conflict of interest The authors declare no competing interests.

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