

iRespite Services iRépit:

Co-designing an app to make in-home respite care more accessible for families with advanced cancers

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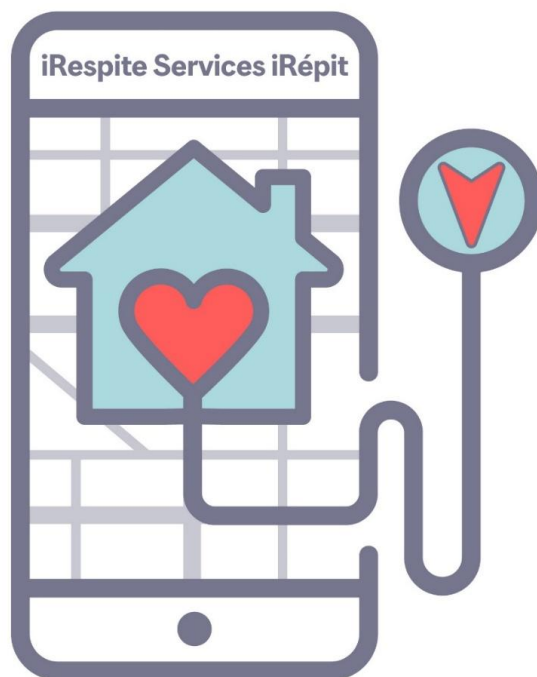
Q: Can a smartphone app be designed to improve access to respite care services?

A: Yes.

Quebec cancer and palliative families need better access to in-home respite care services - including easier coordination and guilt-free nudging.

Participatory-designed technologies can help - and iRespite is a formative, bilingual exemplar.

Insights from this research on app design for access can inform the creation of similar app-based services for community health in global oncology.



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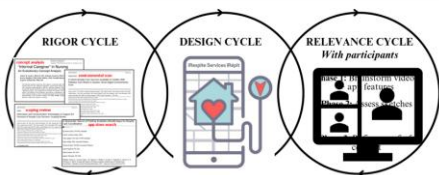
Background: Respite care

- Respite care is an essential service where homecare workers come to the home to provide care, while the family caregiver can leave and the care-receiver can benefit from new social supports [1,2,3]
- Respite care can reduce family stress and achieve goals of dying at home [1,4,5]
- Cancer respite care needs are rising in Quebec and Canada [6, 10]
- Yet, respite care services are difficult to access [1,5,7,8]
- Only 13% of Canadians die at home with formal in-home palliative supports [9]
- And access to palliative respite has worsened since the pandemic [10]

Background: Smartphone apps

- Can facilitate [11-13]:
- Flexible and available scheduling
 - Designing for trust

Methods



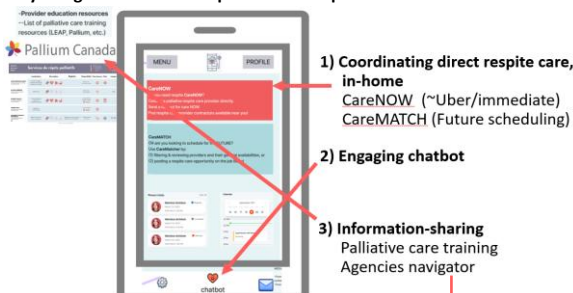
Adapted version of Hevner's Information Systems Research Framework [14]

Rigor Cycle: We published 5 manuscripts: a concept analysis of "informal caregiver", environmental scan of palliative respite care agencies, scoping review of research on respite care technologies, systematic app store search
Detailed protocol: Castro et al. 2021, JMIR Research Protocols

Participants:

5 Expert Council key informants
 9 nurses, 9 family caregivers, 3 care-receivers with advanced cancers
 26 group and individual interviews over 3 research phases: brainstorming, sketching, refining

Key design features of our proof-of-concept



Our navigator of 52 palliative respite care agencies across Quebec is available for sharing now!



Discussion

Alignment of design features with Lévesque et al. 2013's framework on access [15]



Key aspects of availability and affordability cannot be addressed entirely by a rigorously designed technology like iRespite, alone.
 → Need policy, practice, and research advancements on respite care, to truly make these complex services accessible according to all dimensions of access.

Selected sources - Email Castro for full citations

- [1] Rao 2021, [2] Whitmore 2022, [3] Thomas 2020, [4] Nysaeter 2024, [5] Robinson 2017, [6] Brenner 2024, [7] Leocadie 2018, [8] Wolkowski 2017, [9] CIHI 2023, [10] Pesut 2022, [11] Abarca 2018, [12] Currin 2019, [13] Castro 2023, [14] Hevner 2007, [15] Lévesque 2013

Acknowledgements

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