BARROWS CARDS: Therapeutic self care in a paediatric blood cancer unit

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Introduction

Barrows cards are used in the United States to increase medical students’ problem solving abilities. The exercise consists in solving a clinic case using decision-making based on previously acquired skills. We adjusted this method so that it could be used for therapeutic self care in hematology/oncology patients.

Methods

1) Every deck is composed by a first card describing a complex situation, followed at least by another 15 cards. On the front of the each card a problem is proposed and one possible solution chosen by the patient. On the back, feedback is given about the chosen solution.

2) Solutions were provided by experts and are based on scientific evidence.

3) Cards will be evaluated by some patients who will be selected according to the following elements: ability to cope with the disease, compliance, and harmony with health professionals based on their educational compliance.

4) The evaluation tool will be a quality test. Patients will be asked to evaluate pictures, contexts, their decision-making autonomy and their prefiguration skills.

Results

1) We developed this first card deck to test the effects of therapeutic education in haematopoietic stem cell transplantation adolescents.

2) The question in card 1 is about how to self-manage immunosuppressive therapy.

You have just been discharged from hospital after hematopoietic stem cell transplantation. At home, you are going to continue with the immunosuppressive therapy it was orally – soft capsules or syrup - instead of intravenously. In your hospital discharge letter, you will find instructions about formulation, doses and timing.

**REFERENCES**


