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## Crisis in Palliative outpatient care in the perspective of family caregivers

### Background

The outpatient palliative care system in Germany relies heavily on family caregivers, but crises can destabilize care. While previous studies have analyzed hospitalizations and emergency admissions, little is known about the factors that trigger crises in outpatient palliative care. This study aimed to identify these factors and protective strategies.

### Methods

A qualitative study was conducted with semi-structured interviews of 15 family caregivers involved in outpatient palliative care. The data were analyzed using thematic coding.

### Results

Four key factor categories contributing to crises were identified: (1) structural factors, including limited access to health care professionals and a lack of necessary information, (2) illness related factors such as sudden progression in the illness trajectory and symptoms, (3) the intensity of care involvement and (4) emotional and psychological burden of family caregivers.

### Conclusion

The study underscores the importance of continuous, competent, and empathetic care for both family caregivers and patients. Expanding palliative care infrastructure, ensuring access to professionals, and providing tailored information are essential. Further research is needed to explore additional factors and evaluate effective interventions.

**Keywords:** Palliative outpatient care, family caregiver, crisis, mixed methods research

### Biography

Sofia Azhar is a Doctoral Student Researcher at the University of Regensburg and the Catholic University of Applied Sciences Munich since June 2021. She holds a Master of Science in Applied Health Care Research from the Catholic University of Applied Sciences Munich (2018-2020) and a Bachelor of Science in Nursing (2013-2018) from the same institution. Additionally, she works as a Research Assistant at the LMU Munich Pediatric Palliative Care Center since July 2022. Her academic focus is on human sciences and pediatric palliative care, with a dedication to advancing healthcare research and improving patient outcomes.