

Intervention Fidelity Checklist:

Patient-Controlled Cognitive-Behavioral Intervention Training

Component 1: Symptom Education

1. Nurse Interventionist (NI) provides patient with information about pain during cancer treatment.
 - NI reviews definition of pain ____
 - NI reviews potential disease and treatment related causes of pain ____
2. NI provides patient with information about fatigue during cancer treatment.
 - NI reviews definition of fatigue ____
 - NI reviews potential disease and treatment related causes of fatigue ____
3. NI provides patient with information about sleep disturbance during cancer treatment.
 - NI reviews definition of sleep disturbance ____
 - NI reviews potential disease and treatment related causes of sleep disturbance ____
4. NI explains to patient how pain, fatigue, and sleep disturbance have been found to commonly co-occur ____
5. NI explains to patient how one of these three symptoms can influence the other symptoms ____
6. NI explains that these three symptoms are not just physical, but have emotional and psychological components as well ____
7. NI asks if patient has any questions ____

Component 2: Rationale for Using CB Coping Strategies

1. NI introduces the 3 types of CB coping strategies provided ____
2. NI describes to patient the rationale for using CB coping strategies in managing pain, fatigue, and sleep disturbance during cancer treatment ____

Component 3: Review of CB Coping Strategies Provided to Participants

NI reviews specific CB coping strategies provided on the MP3 player.

1. NI reviews symptom-focused imagery (3 exercises) ____
2. NI reviews pleasant nature imagery (3 exercises) ____
3. NI reviews relaxation strategies (3 exercises) ____
4. NI reviews nature sound strategies (3 recordings) ____

Component 4: Treatment Plan

1. NI uses chart provided in patient education book to review pain, fatigue, and sleep disturbance symptoms
 - NI writes down when symptoms typically occur / worsen ____
 - NI asks the patient to identify strategies that they think would be helpful for their symptoms and writes them down ____
 - NI and patient devise and write down a plan for using CB coping strategies ____
2. NI encourages patient to think about concerns and barriers that may prevent him/her from practicing the available CB coping strategies and NI provides possible solutions ____
3. NI reviews the list of hints for daily practice ____

Component 5: Explanation of MP3 Player Use:

1. NI reviews written instructions for using the MP3 player found in the patient education booklet ____
2. NI reviews the MP3 player instruction card in the MP3 player case ____
3. NI demonstrates how to find a specific recording on the device
 - Turns on ____
 - Locates a recording ____
 - Presses play ____
 - Adjusts volume ____
 - Stops play ____
 - Turns off ____
 - Tells patient to charge the MP3 player by plugging it into the wall ____

4. NI asks patient to perform a return demonstration ____
5. NI encourages patient to use the MP3 player at least one time per day ____
6. NI asks if patient has any questions about the use of the MP3 player ____

Component 6: Explanation of Weekly Symptom Diary

1. NI reviews the weekly symptom diary with the participant ____
2. NI explains how to complete the weekly symptom diary, referencing the pre-filled out practice page example ____
3. NI asks patient if there is a particular time of day when he/she would be able to consistently complete the weekly symptom diary (suggests evening) ____
4. NI asks patient if they have any remaining questions about the intervention _____

Intervention Fidelity Checklist:

Attention-Control (Cancer Education Recordings) Training

Importance of Cancer Education

1. Nurse Interventionist (NI) explains the importance of understanding cancer and cancer treatment _____
2. NI asks if patient has any questions _____

Review of Cancer Education Recordings Available

1. NI reviews the 7 categories of cancer education recordings _____
2. NI reviews specific recordings provided on the MP3 player.
 - NI reviews *Cancer Basics* recordings _____
 - NI reviews *Exams and Test Descriptions* recordings _____
 - NI reviews *Types of Treatments* recordings _____
 - NI reviews *Managing Insurance and Financial Issues* recordings _____
 - NI reviews *Talking About Cancer* recordings _____
 - NI reviews *Coping with Cancer* recordings _____
 - NI reviews *Staying Well During and After Treatment* recordings _____

Plan for Listening to Cancer Education Recordings

1. NI asks patient to listen to at least one education recording per day _____
2. NI explains that participant may listen to the same recording more than once, if desired _____
3. NI reviews hints for daily use of cancer education recordings _____

Explanation of MP3 Player Use:

1. NI reviews written instructions for using the MP3 player found in the guide booklet _____
2. NI reviews the MP3 player instruction card in the MP3 player case _____
3. NI demonstrates how to find a specific recording on the device
 - Turns on _____
 - Locates a recording _____
 - Presses play _____
 - Adjusts volume _____
 - Stops play _____
 - Turns off _____
 - Tells patient to charge the MP3 player by plugging it into the wall _____
4. NI asks patient to perform a return demonstration _____
5. NI asks if patient has any questions about the use of the MP3 player _____

Explanation of Weekly Symptom Diary

1. NI reviews the weekly symptom diary with the participant _____
2. NI explains how to complete the weekly symptom diary, referencing the pre-filled out practice page example _____
3. NI asks patient if there is a particular time of day when he/she would be able to consistently complete the weekly symptom diary (suggests evening) _____
4. NI asks patient if they have any remaining questions _____

Discussion of Symptom Management

1. NI does not provide any symptom management instructions _____
2. If the patient brings up symptom management, the NI refers the patient to his / her doctor or nurse _____