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## Basic life support training for lay students from a public university

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The evolution of incurable disease and its consequences for patients are well known, but there is a lack of research assessing the impact of the disease on the primary caregivers' well-being. These caregivers tend to be family members, assume care tasks and spend most time with patients. The objective was to assess the comfort of patient caregivers in palliative care and identify the sociodemographic variables associated with the comfort and difficulties of home care. Cross-sectional study of 50 caregivers attended in the Family Health Strategy (FHS), in an interior city of the State of São Paulo, Brazil. To assess comfort, the Portuguese version of the General Comfort Questionnaire (GCQ) was used. Most participants were women (86%), mean age 52 years, who indicated care difficulties (78%). The median GCQ score was 235. Female participants with a partner who were religious practitioners and were illiterate or had not finished primary education received higher scores. An inverse relation was found between the comfort score and the chance of caregivers indicating some difficulty in care for these patients. The results can guide nursing actions in the FHS, as they indicate possible associations with the caregivers' sociodemographic variables and difficulties.

### Biography

Silmara Meneguín has completed her PhD from São Paulo University (USP). She is Assistant Professor at Medical School at Botucatu, Unesp. She has published more than 16 papers in reputed journals.

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