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THE EFFECTIVENESS OF FOUR-FACTOR PSYCHOTHERAPY IN THE DECREASE OF CORTISOL LEVEL

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Many Patients with cancer are disturbed about the possibility of recurrence, death, body image and other psychological problems. These stresses can increase cortisol level and lead to suppression of immune – system strength. The important role of cortisol level in regulating immune- system has well documented. The aim of this research was to assess the effectiveness of four-factor psychotherapy in decreasing the level of cortisol in women with breast cancer. The sample comprised 25 women diagnosed with breast cancer who were selected using voluntary sampling and were randomly assigned to the experimental and control groups. Groups were assessed in terms of serum levels of cortisol before and after the intervention. The experimental group underwent 12 sessions of four-factor psychotherapy whereas the control group received no intervention. The result of co-variance analysis indicated that the four-factor psychotherapy is effective in decreasing the cortisol's level of women with breast cancer. It can be concluded that the four-factor psychotherapy by reducing cortisol levels and also decreasing physical and mental exhaustion contribute significantly to the recovery of patients.

THE CHAMPLAIN SYMPTOM MANAGEMENT KIT: ENHANCING EOL CARE BY PROVIDING TIMELY ACCESS TO MEDICATIONS AND SUPPLIES IN THE HOME

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Adequate pain and symptom management is an essential component of palliative and end-of-life care and has a direct impact on patient and caregiver experience. In September 2014, the Champlain CCAC, in collaboration with regional pharmacies, service provider organizations, the Regional Palliative Consultation Team and community palliative care physicians, introduced a Champlain Wide Pain and Symptom Management Kit (SMK). The SMK is a standard package of medications and related medical supplies placed in the home of a patient who is approaching the end-of-life for the purpose of relieving unanticipated or rapidly escalating symptoms in a timely manner.

The overall purpose of the Kit is to facilitate pain and symptom management at the end of life by providing timely access to medications and supplies, therefore optimizing patients' chances of remaining at home until death; enhancing informal caregiver support in the home; and enabling nurses to manage symptoms without needing immediate access to a physician, which is often difficult.

One year after implementation, a robust evaluation was completed. The results demonstrate a positive impact of the Kit on patients, caregivers, and provider experience, including reduction of caregiver anxiety and increased self-efficacy. The results also demonstrate a positive impact on a number of outcome measures, such as reduced emergency department visits and hospital admissions, and increased patient deaths in their preferred location.