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SUBJECTIVE QUALITY OF LIFE/SYMPTOM MEASUREMENT OVER TWO DECADES

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The Schedule for the Evaluation of Individual Quality of Life (SEIQoL) is a phenomenological approach to the measurement of quality of life (QoL), in which the terms-of-reference are determined by the individual. Little is known about the impact of symptoms on patients' quality of life. The degree to which the symptoms are actually bothersome to the patient is a missing area in symptom assessments. Waldron et al, demonstrated that symptom 'bother' is a separate entity from both symptom frequency and intensity. Quality of life is a dynamic construct. Over the course of time, areas of life meaningful to the patient to shift through a process of adaptation. There appears to a process of psychological adaptation that enables patients cope and maintain good quality of life, even in the face of adversity. This is a concept known as 'intra subject construct dynamism' or 'response shift'. Using an outcome measure as a clinical tool, especially in the area of quality of life (QoL) is uncommon. We hypothesized that individual QoL information may help improve patient's QoL outcome over time when shared with the multidisciplinary team.

Results: Results of seven Higher Theses are explored to reflect on all above views with both published and presented, Nationally and Internationally papers reviewed.

Conclusion: Subjective QoL can be measured in Advanced Cancer patients and incorporation of Symptoms, Symptom Bother/Symptom interference with QoL and Response Shift as well as 'Using the Outcome as a Clinical tool' can really help this very vulnerable patient group.

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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.

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