

NURSING INTERVENTIONS THAT IMPROVE THE QUALITY OF LIFE IN TERMINAL CANCER PATIENTS



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INTRODUCTION

- Cancer is the greatest cause of death worldwide(1)
- Definition: growth of abnormal cells that divide, grow and disseminate without control in any part of the body(2)
- Unknown etiology → \$\$\$\$ on investigation(3)
- When there is no cure → terminal phase → anxiety and depression(4)
- Nurses play a fundamental role to improve their quality of life(5)

10 MILLION
PEOPLE WITH
CANCER
IN 2020

OBJECTIVE

Identify nursing interventions that improve the quality of life in terminal cancer patients.

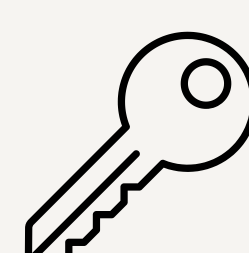
METHODOLOGY



Literature review



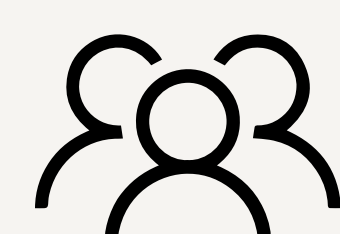
PubMed and CINAHL



Terminal AND Nursing interventions AND Quality of life AND Neoplasms



< 10 years



Terminal cancer adults



English and Spanish

RESULTS

- **Psychosocial support interventions**
 - Therapeutic communication(6)
 - Education: disease(7), care advice, services, prognosis(8)
 - Comfort measures: availability, empathy(6), presence(7), massage, humor(8)
- **Symptom management intervention**
 - Wound palliation(9)
 - Parenteral fluid therapy(10)
 - Energy conservation(11)
 - Nutritional counseling(11)
 - Physical activity and sleep hygiene(11)
 - Evaluate medicine administration route(11)
- **Spiritual care interventions**
 - Dignity therapy(12)

ANALYSIS

Dignity therapy helps reduce anxiety and depression. But it only has an effect in the spiritual dimension. To improve overall quality of life it needs to be complemented with other psychosocial therapies(13).

The more distress level, the higher the benefit(14).

Humor increases hope(15) and acts as a source of relief(15,16). It also reduces mood disturbances and pain(16).

Few patients have humor since professionals have difficulty using it. Nurses must develop trust and see if the circumstances are favourable to use it(15).

Implications:

1. Research: further study needs to be done in specific nursing interventions for terminal cancer patients.
2. Education: more and profound training with these interventions.
3. Clinical practice: make an effort to include these interventions in their care.

Articles identified

326

Articles screened

182

Inclusion and exclusion criteria

19

Article included

7

Fig. 1 Prisma Flow Chart

CONCLUSION

Psychosocial support, symptom management and spiritual care interventions help improve the quality of life in terminal cancer patients.

Ongoing research, innovation, and education in oncology nursing will further refine and expand our repertoire of interventions.

BIBLIOGRAPHY

