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Emotional distress of palliative cancer patient in Soetomo Hospitals Surabaya

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Background: Cancer patients vulnerable of being emotional distress either due to treatment, physical weakness and financial problems. Emotional distress could reduce quality of life. Indeed, patients whom suffering extreme emotional distress will worsen their clinical prognosis.

Aim: To describe emotional distress of cancer patients at Palliative Policlinic of Soetomo Hospitals Surabaya.

Method: Descriptive research with survey method on 30 patients in Palliative Polyclinic of Soetomo Hospitals. We have used the questionnaire DT NCCN (Distress Thermometer National Comprehensive Cancer Network) that consists of 5 dimension problems: Practical problem, emotional, family, spiritual and physical conditions.

Result: From 30 cancer patients, it was found that 70% (21 patients) of them had emotional distress. From 21 patients that suffered distress, 61.9% (13 patients) had distress in practical problems, 57.15% (12 patients) of them had distress family problems, 95.2% (20 patients) had emotional distress, 9.5% (2 patients) had spiritual distress and all of them had physical distress too.

Conclusion: Most cancer patients experience emotional distress. The most common emotional distress in the patient is a physical condition.

Biography

Eka Yuni Nugrahayu, MD has done this research while she was being resident psychiatric at Airlangga University. The aim of the research is to evaluate the mental health of patient in Palliative Care. She hopes there would be another screening tool like DT NCCN, that's very simple for using and could be done for every profession. It could be for prevent the psychiatric illness among the patients. Now, she is a psychiatrist at mental hospital in Samarinda, that's concern of community health care, and psycho geriatric.

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