

**16th International Conference on
Humanities, Psychology and Social Sciences**

14 - 16 March 2024

Berlin, Germany

Holistic Care for Terminal Lung Cancer Patients: A Case Study of Hospice Care Interventions

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ABSTRACT

In patients with terminal lung cancer, common clinical symptoms include dyspnea, loss of appetite, and pain, with about 70-90% experiencing dyspnea, often due to pleural effusion that worsens as the disease progresses. The deterioration of the illness, coupled with separation from relatives, existential threats, and uncertainty, significantly impacts the family. It not only affects the mental health of both the patient and the family but also brings about substantial life changes. Over the care period from September 8 to October 12, 2022, a comprehensive assessment was conducted, encompassing the patient's physical, psychological, social, and spiritual aspects. This evaluation, conducted through observation, physical assessments, interviews, and medical record reviews, revealed health issues such as pain, dyspnea, and death anxiety. In the care process, tailored interventions were employed, including the use of water balloons and pillows for comfortable sleeping positions, aromatic essential oils for aromatherapy massage, guided mental imagery through videos, and music therapy to induce relaxation and divert attention, thereby reducing the perception of pain. Collaboration with the hospice care team involved guiding subsequent disease decisions and end-of-life preparations. Additionally, joint prayer sessions with spiritual caregivers aimed to stabilize the mind, provide strength, and guide the patient through a comprehensive life review. This approach facilitated a peaceful passing at the end of life, offering closure for both the patient and their family members without any lingering regrets.

Keywords: lung cancer; hospice care; holistic care; dyspnea; pain