



Psychosocial Effects of Cancer

AOCNP Review Course

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Making Cancer History®

Financial Disclosure

I have no financial disclosures to make



Fear
Death
Suffering
Survival
Stress
Pain

Patient Coping

“The intensity, duration, and extent to which these symptoms interfere with functioning differentiate abnormal anxiety or depressive disorder from the normal emotional response to a threatening illness.”

- Gravity of diagnosis
- Symptom burden
- Age/developmental considerations
- Socioeconomic status
- Literacy
- Degree of disruption
- Lack of social support
- Personality

Spirituality and Cancer

- **Existential questioning**
- **Mortality**
- **Meaning**
- **Peace**
- **Productivity**
- **Hope**

Psychological impact of Cancer on the Patient

Anxiety

Fear of recurrence

Depression

PTSD (post-traumatic stress disorder)

Anxiety and Depression

Anxiety


Fear of recurrence

Post-traumatic Stress Disorder

Depression

Distress and distress screening

Distress Screening



National
Comprehensive
Cancer
Network®

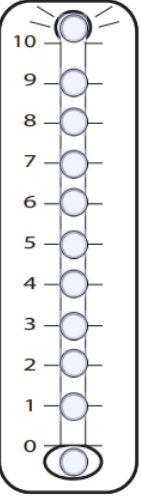
NCCN Distress Thermometer for Patients

SCREENING TOOLS FOR MEASURING DISTRESS

Instructions: First please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.

Extreme distress

No distress



Second, please indicate if any of the following has been a problem for you in the past week including today. Be sure to check YES or NO for each.

YES	NO	<u>Practical Problems</u>
<input type="radio"/>	<input type="radio"/>	Child care
<input type="radio"/>	<input type="radio"/>	Housing
<input type="radio"/>	<input type="radio"/>	Insurance/financial
<input type="radio"/>	<input type="radio"/>	Transportation
<input type="radio"/>	<input type="radio"/>	Work/school
<input type="radio"/>	<input type="radio"/>	Treatment decisions
<u>Family Problems</u>		
<input type="radio"/>	<input type="radio"/>	Dealing with children
<input type="radio"/>	<input type="radio"/>	Dealing with partner
<input type="radio"/>	<input type="radio"/>	Ability to have children
<input type="radio"/>	<input type="radio"/>	Family health issues
<u>Emotional Problems</u>		
<input type="radio"/>	<input type="radio"/>	Depression
<input type="radio"/>	<input type="radio"/>	Fears
<input type="radio"/>	<input type="radio"/>	Nervousness
<input type="radio"/>	<input type="radio"/>	Sadness
<input type="radio"/>	<input type="radio"/>	Worry
<input type="radio"/>	<input type="radio"/>	Loss of interest in usual activities
<input type="radio"/>	<input type="radio"/>	<u>Spiritual/religious concerns</u>

Other Problems: _____

YES	NO	<u>Physical Problems</u>
<input type="radio"/>	<input type="radio"/>	Appearance
<input type="radio"/>	<input type="radio"/>	Bathing/dressing
<input type="radio"/>	<input type="radio"/>	Breathing
<input type="radio"/>	<input type="radio"/>	Changes in urination
<input type="radio"/>	<input type="radio"/>	Constipation
<input type="radio"/>	<input type="radio"/>	Diarrhea
<input type="radio"/>	<input type="radio"/>	Eating
<input type="radio"/>	<input type="radio"/>	Fatigue
<input type="radio"/>	<input type="radio"/>	Feeling Swollen
<input type="radio"/>	<input type="radio"/>	Fevers
<input type="radio"/>	<input type="radio"/>	Getting around
<input type="radio"/>	<input type="radio"/>	Indigestion
<input type="radio"/>	<input type="radio"/>	Memory/concentration
<input type="radio"/>	<input type="radio"/>	Mouth sores
<input type="radio"/>	<input type="radio"/>	Nausea
<input type="radio"/>	<input type="radio"/>	Nose dry/congested
<input type="radio"/>	<input type="radio"/>	Pain
<input type="radio"/>	<input type="radio"/>	Sexual
<input type="radio"/>	<input type="radio"/>	Skin dry/itchy
<input type="radio"/>	<input type="radio"/>	Sleep
<input type="radio"/>	<input type="radio"/>	Substance abuse
<input type="radio"/>	<input type="radio"/>	Tingling in hands/feet

The NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) are a statement of evidence and consensus of the authors regarding their views of currently accepted approaches to treatment. Any clinician seeking to apply or consult the NCCN Guidelines® is expected to use independent medical judgment in the context of individual clinical circumstances to determine any patient's care or treatment. The National Comprehensive Cancer Network® (NCCN®) makes no representations or warranties of any kind regarding their content, use, or application, and disclaims any responsibility for their application or use in any way. The NCCN Guidelines are copyrighted by National Comprehensive Cancer Network®. All rights reserved. The NCCN Guidelines and the illustrations herein may not be reproduced in any form without the express written permission of NCCN. ©2013.

Treatment of Anxiety and Depression

Psychopharmacological interventions

SSRI's

SNRI's

Mixed class antidepressants

Psychostimulants

Anxiolytics

Non-psychopharmacological treatments

Psychotherapy

Counseling

Adjunctive therapies

Cancer-related Neurocognitive Effects

Cognitive impairment

Dementia

Delirium

Depression

Cognitive Impairment

Causes of impairment

Cancer

Treatment

Psychological factors

Effects of impairment

Decreased self-confidence

Fear

Autonomy

Social Relationships

Distress

Dementia vs. Delirium vs. Depression

Table 17-3. Comparison of Clinical Features of Delirium, Dementia, and Depression

Clinical Feature	Delirium	Dementia	Depression
Onset	Acute • Hours to days	Chronic, insidious • Months to years	May be acute or chronic • Weeks to months • Situational influences
Course	Fluctuating • Reversible with early treatment of underlying cause	Chronic deterioration • Progression may be slower with treatment, but generally irreversible	Situational fluctuation • Usually reversible with treatment • Often worse in the morning
Mood	Labile	Labile	Extreme sadness May have anxiety/irritability
Memory	Impaired • Immediate and recent	Impaired • Short and long term	May be minimally impaired
Attention	Impaired	Intact	Minimally impaired, but poorly motivated
Alertness	Fluctuates • Hyperactive • Hypoactive • Mixed	Typically not affected until advanced stage	Normal or decreased
Perception	Hallucinations and delusions	May have delusions Usually no hallucinations	May have delusions Often paranoid
Thinking	Disorganized Incoherent speech	Difficulty with abstract thoughts Poor judgment Impaired word finding ability	Intact, but poor concentration Feelings of hopelessness

Note. Based on information from American Psychiatric Association, 2013.

Psychological Impact of Cancer on the Family

Isolation

Communication

Sense of control

Therapeutic Interventions in Psychosocial Care

Psychotherapy

Mind-Body Practices

Post-traumatic growth

Programmatic Interventions

Psychotherapy

Deeper emotional “dive”

Special techniques

CBT

ACT

Psychoeducation

Mind-body Practices

Integrative practices

Massage

Acupuncture

Meditation

Music therapy

Not restricted from pharmacological interventions

Post-traumatic Growth

Adaptation to stress

Learned processes

Mindfulness

Positive psychology

Behavioral therapy

Supportive-expressive therapy

Programmatic Interventions

1:1 Peer support

Support groups

Online support groups

Telemedicine

Wellness programs

Resources for Patients and Families

Table 9-7. Resources for Patients and Families (Continued)

Organization	Description	Website
CURE: Cancer Updates, Research and Education	CURE combines the science and humanity of cancer by providing education and resources to a half million survivors through its free magazine and publications.	www.curetoday.com
Livestrong Foundation	This organization assists patients and families through advocacy, research, and public education.	www.livestrong.org
	Livestrong Fertility is dedicated to educating patients about fertility issues related to cancer and treatment.	www.livestrong.org/we-can-help/fertility-services
National Cancer Institute	This government organization is a comprehensive resource for information about cancer prevention, treatment, and clinical trials, along with providing links to cancer center websites.	www.cancer.gov
National Coalition for Cancer Survivorship	This organization advocates for cancer survivors and provides resources with a focus on quality-of-life issues.	www.canceradvocacy.org
National Comprehensive Cancer Network	The National Comprehensive Cancer Network is a nonprofit alliance of 26 of the world's leading cancer centers dedicated to the quality of care provided to patients with cancer. Resources include guidelines for psychosocial care.	www.nccn.org

Take Home Points

- **Psychosocial challenges are huge**
- **Psychosocial oncology continues to evolve**
- **More platforms than ever before**
- **We all provide psychosocial care**

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Thank you!

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