

**I.R. KHUSSAINOVA<sup>1</sup>**

<sup>1</sup>JSC "Kazakh Institute of Oncology and Radiology," Almaty, the Republic of Kazakhstan

## Features of formation and organization of psycho-social assistance in the cancer service of the Republic of Kazakhstan

*The article describes the specifics of the formation, current status, and organization of psycho-social assistance in the cancer service in the Republic of Kazakhstan. Kazakh Institute of Oncology and Radiology successfully implements the principle of a multidisciplinary approach, which implies psycho-social assistance as part of the treatment process. The development of psycho-social assistance in the oncological service increases treatment efficacy through the rational use of cancer patients' internal resources. The psycho-social protection of cancer patients can improve their quality of life and disease prognosis.*

**Keywords:** oncology, oncopsychology, psycho-social assistance, quality of life.

Psycho-social assistance as one of the synergetic areas is an important stage in the treatment and rehabilitation of critically ill patients, including cancer patients. Psycho-social assistance is currently characterized by

the active development of methodological, scientific, and organizational foundations and a wide range of practical applications to improve cancer patients' quality of life (Figure 1).



Figure 1 - Scientific and practical seminar on psycho-social assistance

In 1969, Prof. N.V. Lazarev initiated the establishment of a Tumor Prevention and Rehabilitation Department at the Kazakh Institute of Oncology and Radiology (KazIOR, Almaty). The 60-beds Department was headed by the Candidate of Medical Sciences L.N. Gendrikson. Main directions of the Department activities included the development and introduction of new methods of diagnostics, treatment and prevention of precancerous diseases of the gastrointestinal tract. The Department conducted scientific and research work on the substantiation of

use of the new drugs of biological and physical nature in the complex therapy of chronic esophagitis, gastritis, and gastroduodenal ulcer. They also carried out dispensary observation through annual clinical examinations of patients with some forms of gastritis, polyposis, esophageal leukoplakia, and ulcerative esophagitis.

The Department staff has defended one doctoral and four candidate's theses, published more than 100 scientific papers, issued two monographs, obtained five copyright certificates.

The Psycho-Social Assistance Department (hereinafter – the Department) was established at KazIOR in 2016 as an advisory and rehabilitation unit. The De-

partment receives cancer patients who need psychological and social support during treatment at KazIOR (Figure 2).



Figure 2 – Employees of the Psycho-Social Assistance Department. The origins of the Department

The KazIOR Psycho-Social Assistance Department provides informational and methodical support to the psychologists working in the regions. Scientific-practical conferences and seminars for psychologists and social workers are held annually to form

students’ competencies on current issues of psycho-social assistance in the Republic of Kazakhstan (Figure 3). More than 500 psychologists and social workers of the health care system have been trained at KazIOR (Figure 4 ).



Figure 3 – Scientific and practical seminar with the participation of international experts



Figure 4 – Educative course for specialists from the regions of Kazakhstan

The KazIOR Psycho-Social Assistance Department staff conducts synergetic research aimed at the development of psycho-social assistance in the cancer service of Kazakhstan, develops and puts into practice new methods of diagnostics, therapy, and complex psycho-social rehabilitation of patients (Figure

5). They have defended two candidate's theses, more than 20 master's theses, prepared 29 Implementation Reports, two clinical guidelines, one methodological guideline, and one monograph. Research projects of the Department staff have been awarded at international competitions.

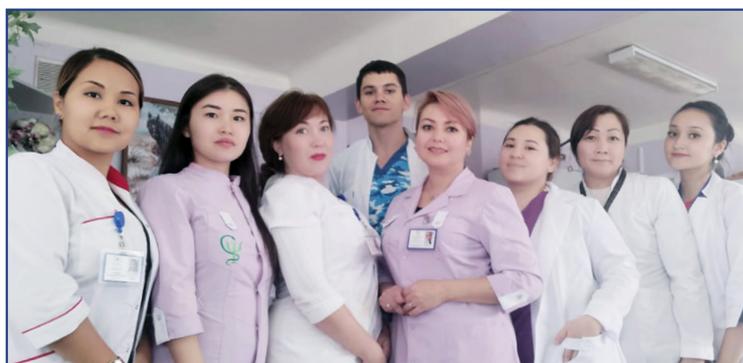


Figure 5 – Experts from the KazIOR Psycho-Social Assistance Department

Psychologists and social workers have been introduced to the oncological dispensaries' staff since 2013, as part of the implementation of clause 39 of the Action Plan "Cancer Care Development Program in the Republic of Kazakhstan for 2012-2016" [1]. Psycho-social assistance offices were open in all onco-

logical dispensaries of the country (in 13 oncological centers and seven oncological departments of multidisciplinary hospitals). They study the specifics of cancer patients' psychological characteristics and their response to the disease, ways of coping with this crisis situation (Figure 6).



Figure 6 – Social support for patients

It is extremely important and necessary to continue establishing a system of medical, social, and psychological rehabilitation of cancer patients undergoing treatment in oncological hospitals. Today, psychologists possess many highly efficient techniques that reinforce and support cancer patients' main treatment

and rehabilitation. Psycho-correctional programs are being developed and successfully applied in clinical practice to achieve this goal. In these programs, various methods verified in psychotherapy are harmoniously combined for the treatment and rehabilitation of cancer patients (Figure 7).



Figure 7 – Training work in groups

The main emphasis is on supporting effective interaction between the attending physician, the patient, the psychologist, and the social worker. Specialists are ready

to lend a helping hand to everyone who needs it, provide support in the fight for health, and go through the whole difficult path to recovery together (Figure 8).



Figure 8 – Patient-centered approach

### Conclusions:

New approaches to improving the quality of life of patients suggest a multimodal rehabilitation process involving psycho-social service. They improve the quality of life, treatment efficacy, and rehabilitation potential through the rational use of cancer patients' inner resources. This increases the quality of life and life expectancy of cancer patients and their social activity and expands their social adaptation and rehabilitation conditions.

Over the short period of its existence, the psycho-social service has made evident the advantages of providing holistic assistance to cancer patients. The increase in psychological assistance efficacy is manifested in the following indicators: improvement of the emotional state of patients – 85.1%; improvement of physical condition – 34.2%; reduction of pain – 28.5%; acceptance of their life situa-

tion – 74.2%; normalization of relations with relatives – 62.3%; normalization of relations (acceptance and trust) with medical personnel – 54.2% [2]. It is extremely important and necessary to continue establishing a system of psychological and social assistance to patients receiving inpatient treatment for cancer in Kazakhstani hospitals, based on the multidisciplinary, patient-oriented, and patient-centered approach.

### References:

1. Cancer Care Development Program in the Republic of Kazakhstan for 2012-2016: approved by the Republic of Kazakhstan Government Decree dated 29 March 2012 No. 366;
2. Khusainova I.R. Организация и оказание психосоциальной помощи в онкологической службе [Organization and provision of psycho-social assistance in the oncological service] // Collection of abstracts of the VI Congress of oncologists and radiologists of Kazakhstan. – 2017. – P. 191.

## ТҰЖЫРЫМ

И.Р. Хусаинова<sup>1</sup>

<sup>1</sup>«Қазақ онкология және радиология ғылыми-зерттеу институты» АҚ, Алматы, Қазақстан Республикасы

### Қазақстан Республикасының онкологиялық қызметінде психологиялық-әлеуметтік көмекті қалыптастыру және ұйымдастыру ерекшеліктері

Бұл мақалада Қазақстан Республикасының онкологиялық қызметінде психологиялық-әлеуметтік көмектің қалыптасу ерекшеліктері, қазіргі жағдайы және ұйымдастырылуы көрсетілген. ҚазОЖРҒЗИ-да емдеу процесі кезінде психологиялық-әлеуметтік көмекті қамтитын мультидисциплинарлық тәсіл қағидаты табысты жұмыс істейді. Онкологиялық қызметте психоәлеуметтік көмекті дамыту онкологиялық аурулары бар науқастардың ішкі ресурстарын ұтымды пайдалана отырып, емдеу тиімділігін арттыруға мүмкіндік береді. Онкологиялық науқастардың психологиялық және әлеуметтік қорғалуы, олардың өмір сүру сапасын жақсартта алады және аурудың болжамына жағымды әсер етеді.

**Түйінді сөздер:** онкология, онкологиялық психология, психологиялық-әлеуметтік көмек, өмір сүру сапасы.

## АННОТАЦИЯ

И.Р. Хусаинова<sup>1</sup>

<sup>1</sup>АО «Казакский Научно-исследовательский институт онкологии и радиологии», Алматы, Республика Казахстан

### Особенности становления и организации психолого-социальной помощи в онкологической службе Республики Казахстан

В данной статье представлены особенности становления, текущей ситуации и организации психолого-социальной помощи в онкологической службе Республики Казахстан. В КазНИИОур успешно действует принцип мультидисциплинарного подхода, включающий в лечебный процесс психолого-социальную помощь. Развитие психосоциальной помощи в онкологической службе позволяет повысить эффективность лечения, рационально используя внутренние ресурсы пациентов с онкологическими заболеваниями. Психологическая и социальная защищенность онкопациентов способна улучшить качество жизни и благоприятно влиять на прогноз заболевания.

**Ключевые слова:** онкология, онкопсихология, психолого-социальная помощь, качество жизни.