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 Psychosocial aid in cancer care

*Summary.* In this article we try to relate the effectiveness of psychological and social care in oncological treatment process for cancer patients. Integrated cancer care in foreign and international practice it is very largely used, and it is possible and in process of implementation for Kazakh research institute of oncology and radiology. As for multidimensional approach in helping the patients to cope with the cancer and to make treatment process more eligible and sparing the psychosocial help is supported and can be useful.

*Keywords:* psychosocial approach, psychooncology, psychological support, social support.

Psychological support is an important step in the process of treatment and rehabilitation of cancer patients. Social and psychological protection of cancer patients is able to favorably influence the prognosis of the disease and improve quality of life. Jimmie C. Holland, M.D., recognized internationally as the founder of the subspecialty psycho-oncology, is Attending Psychiatrist and holds the first endowed chair in Psychiatric Oncology, the Wayne E. Chapman Chair at Memorial Sloan-Kettering Cancer Center (MSKCC). She is Professor of Psychiatry at Weill Medical College of Cornell University. She began the first fulltime psychiatric service in a cancer hospital in 1977 at Memorial Sloan Kettering Cancer Center. When she began her work in the 1960s, there was a philosophy that if a patient survived cancer, they should be happy to be alive and simply not worry about it. Thanks to the work of Holland and other proponents of psycho-oncology, cancer diagnosis and therapy are now better understood and more sensitively treated.[1].

To study the international experience in onco-psychology (psychooncology), also an adaptation and implementation with consideration of mentality and medicare system are the main direction in which we are moving ahead.

Psycho-oncology is a field of medical study and practice at the intersection of psychology and oncology. It is concerned with aspects of cancer that go beyond medical treatment and include psychological and psychosocial aspects of cancer. The field is concerned both with the effects of cancer on a person's psychological health as well as the social and behavioral factors that may affect the disease process of cancer.[2].

In our country, as part of the n. 39 of the Action Plan "Program of development of cancer care in the Republic of Kazakhstan for 2012-2016 years" from 2013 to the state of oncology clinics introduced psychologists and social workers – Kazakh Research Institute of Oncology and Radiology (KazNIOiR) together with the Kazakh National University. After S.D. Asfendiyarov (KazNMU) conduct annual training seminars and workshops on various aspects of psychosocial care and rehabilitation directly in KazNIOiR. Furthermore, Seminars and trainings for psychologists; Conduct training programs for residents (in "Oncology") on the subject of "Psychology", "Communication skills" in order to implement the algorithm of the multidisciplinary team; Trainings for

medical staff. Prevention of "burn-out syndrome"; Trainings aimed at learning self-control, control their own psycho-emotional state, as well as the skills of positive self-image; Implementation of the International scientific and practical conferences are held, in order to improve the conducted model of interaction with patients, working with medical staff and for further developments of psychosocial work in Kazakhstan.

Areas of work of the psychologist in the oncology department:

- Personality Psychology in oncology: psychological counseling, psychotherapy and psychological correction. Methods of psychotherapy and psychological correction work with cancer patients and their close ones. Oncology as a psychosomatic illness. Psychology of coping. Psychological rehabilitation and psychological well-being in different groups of patients.

- Psychology of family faced with cancer - ill child - "the whole family is sick."

- Psychooncology within children. Features family relations in a family with cancer patients: the difficulty of interaction and ways to overcome them.

Psychological support in palliative care is no less important, so the palliative psychology and existential questions of the patient's family and doctor; the psychology of grief and loss, the quality of life of the modern patient; psychology of religion as a resource for coping with the experience of grief; existential psychology: the peculiarities of working with dying cancer patients and their loved ones and other similar aspects are also affected and are worked on in order to be improved.

Psychological support in our Kazakh research institute of Oncology and Radiology are dealing with emotional, cognitive states of the patients and more oriented on positive thinking. Psychological help tool supports are information - brochures, memos, brochures and lots of distinct measuring and therapeutic tools. As for psychological emotional lift there is active currently processing psychosocial support, organization of the leisure of patients, on-time birthday greetings, etc.

Stages of psychological support service:

- Phase 1 - Diagnostic includes a medical history of patients, conducting test methods, monitoring of patients during the day.

- Stage 2 - Analysis of the data, the selection method of working with patients.

- Stage 3 - psychotherapeutic work with the patient.

- Stage 4 - final (analysis of results of the work).

Types of service. Psychosocial support service:

- Conducting individual psychological and psychological events to patients:

- Consultation

- Psychodiagnosis

- Psychotherapy

- Conducting group work / training with patients
- Consultation particularly complex and heavy patients
  - Training and counseling of patients before and after surgery
  - Conducting organizational and methodological activities:
    - Preparation of psycho-diagnostic material for patients;
    - Preparation of the program of psychological training for patients, relatives of patients, medical staff.
    - Preparation for the art therapy, music events.
    - Identification and formation among the target group of cancer patients to provide them with social services
      - Helping patients on admission. Training in self-service, self-control and communication.
      - Education of the patient and their family members the skills of pre-hospital care manipulation.
      - Assistance in obtaining vehicles, different types of prosthetics and other technical means of rehabilitation.
      - Participation in the organization of work for the formation of healthy lifestyles, healthy behaviors.
      - Carrying out health education and counseling on the issues of life. (lectures, workshops)
      - Attracting volunteers to provide medical and psychosocial care to needy cancer patients
      - Performance in the interests of patients' active

interaction with social and health services, other health care organizations (hospitals, rehabilitation centers, medical and social services for the elderly, the disabled and children).

Social support group of Kazakh research institute of Oncology and Radiology consists of social worker, who is using individual and group methods of work with cancer patients or disabled persons, acting as a partner in the psychological support and social mobilization of their compensation options. At the same time, he is a consultant in resolving conflicts between sick or disabled and social education society. A special place in social work in oncology takes palliative (symptomatic) means of incurable cancer patients.

Therefore, the development of psycho-social care in oncology service will increase the efficiency of treatment, rational use of the internal resources of cancer patients.

Our main goals are aimed at –

- attention to the problems of cancer patients;
- improving the quality and length of their lives;
- to enhance social activity;
- improve conditions of social adaptation and rehabilitation; normalization of the lives of their families;
- the formation of the social and psychological assistance to cancer patients and its introduction into practice throughout the Republic;
- the dissemination of experience among health professionals.

#### References

1. Dr. Jimmie Holland Bio. MDS Foundation. Advancing research and patient care. The 13th international symposium on myelodysplastic syndromes.- Washington D.C., 2015.

2. Livshits V. Union of psychology and oncology-psychooncology, 2007.

#### Тұжырым

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#### Онкология қызметіндегі психоәлеуметтік көмек

Осы мақалада біз қатерлі ісігі бар науқастарды емдеу кезіндегі онкологиялық қызметтегі психологиялық және әлеуметтік көмек көрсету тиімділігін көрсетеміз. Шетелдік және халықаралық тәжірибеге сүйенетін болсақ, қатерлі ісік емдеудегі кешенді көмек көрсету кеңінен қолданылуда, мұндай тәжірибені жүзеге асыру қазіргі уақытта елімізде де Қазақ онкология және радиология ғылыми-зерттеу институтының шеңберінде енгізілуде. Мультидисциплинарлық ықпал жүзінде науқастарға қолайлы көмек көрсету барысында психоәлеуметтік қолдау қызметінің тиімділігіне назар аударылуда.

Түйінді сөздер: психоәлеуметтік амал, психоонкология, психологиялық көмек, әлеуметтік көмек.

#### Аннотация

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#### Психологосоциальная помощь в онкологической службе

В этой статье мы указываем на эффективность психологической и социальной помощи в онкологической службе во время лечения для онкологических пациентов. Комплексная помощь в онкологическом лечении в иностранной и международной практике очень широко используется, это возможно реализовать в рамках Казахском научно-исследовательском института онкологии и радиологии, на данный момент в процессе реализации. В качестве мультидисциплинарного подхода в оказании помощи пациентам справиться с онкологическими заболеваниями поддерживается оказание психосоциальной помощи, что является полезным в целях изменения процесса лечения на более приемлемый и щадящий.

Ключевые слова: психосоциальный подход, психоонкология, психологическая служба, социальная служба.