

Empathy and Cognitive Behavior Therapy in Oncology - strategies for intervention

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INTRODUCTION & AIM

The cancer diagnosis has a significant impact on both the body and mind of the person involved, as well as on their relatives, and requires a multidisciplinary team intervention to support the patient's outcomes and quality of life, as well as engagement with medical humanities and responsibility.

We aimed to underscore how cognitive-behavioral therapy, open communication, motivational interviewing, empathy, and other communication strategies can help cancer patients make informed decisions, in addition to the specific medical therapy they receive.

METHOD

- A systematic review was undertaken according to PRISMA tool.
- To be included, studies were required to be written in English, published within the last 5 years, follow European guidelines for oncology therapy and observational study designs, cover social-psychological areas, include strong statistical methods, and relate to keywords such as cognitive behavior, oncology, and 'oncohumanities'.
- Based on the outcomes, we will present a model of a framework sustaining onco-humanities training interventions specialist members of an interdisciplinary team addressing cancer patient management.

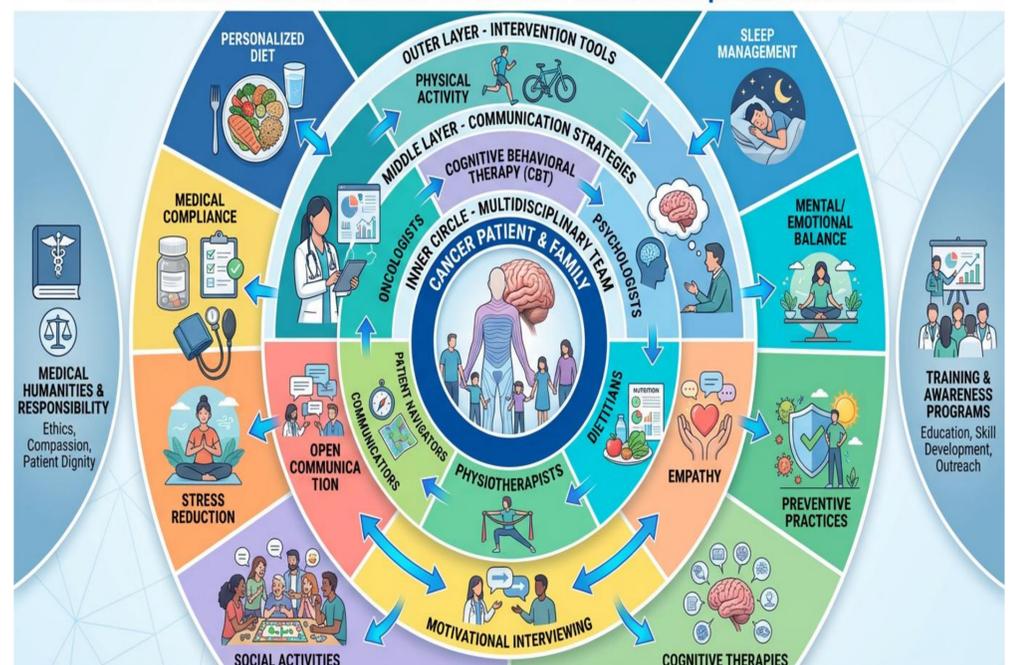
FUTURE WORK / REFERENCES

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2. Shi H, Shan M, Zheng J. et al - Grief as a mediator of the relationship between empathy and compassion fatigue. *PsychoOncology*, 2022; 31(5):840-847, doi: 10.1002/pon.5875.
3. Lelorain S. - Discussing Prognosis with Empathy to Cancer Patients. *Curr Oncol Rep*, 2021; 23(4):42, doi: 10.1007/s11912-021-01027-9.

RESULTS & DISCUSSION

Starting from the eight recent representative observational studies taken into account, targeting various age groups, European countries and cultures, education level and health policies, we conclude that some of the standard tools and strategies the healthcare team can take into account are based on a personalized diet, physical daily activities, sleep management, mental and emotional balance, behavior and preventive practices, cognitive therapies, social and meaningful activities, stress reduction, in relation to the medical staff involved in specific healthcare programs.

MULTIDISCIPLINARY APPROACH TO CANCER CARE: A Comprehensive Framework



CONCLUSION

We sustain the importance of awareness and training programs for the healthcare members, psychologists, dietitians, also rehabilitation specialists, and patients' navigators, based on onco-humanities aspects, cognitive behavior strategies, and critical thinking strategies, focused on lifestyle interventions, communication tools for the patients and their families, or team collaboration methods.