



ORIGINAL RESEARCH PAPER

Oncology

ANXIETY IN PALLIATIVE PATIENTS IN A HOSPITAL OF QUITO-ECUADOR

KEY WORDS: Cancer, Palliative, Anxiety, Quito

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ABSTRACT
INTRODUCTION: For most people speaking of cancer means mortality, entering a world of medical procedures that affect both the patient and his family environment, which leads to changes in emotional distress; mainly depression and anxiety.
METHOD: A cross-sectional descriptive study of palliative patients during the months of March to July of 2018, in whom the GAD-7 questionnaires was evaluated.
RESULTS: The 55% of palliative patients have some degree of anxiety, being higher in women than in men
DISCUSSION: The palliative patients require an integrated management team to achieve a good death, as well as family and family support.

INTRODUCTION
 By Antonio Cano et al, talking about cancer means mortality, invasive treatments that affect both the patient and his family environment; (1) By Davis M et al; emotional distress is considered as the sixth vital sign of the cancer patient taking into account the previous five that represent: temperature, pressure, heart rate, respiratory rate and pain(2-7).

Psychological distress affects the quality of life and leads to negative impacts on treatment and a high risk of mortality (8,9), so it is important to take into account the psychiatric evaluation and the contribution of antidepressant medication in conjunction with the important interactions with oncological medication when addressing an oncological patient in depression (10).

The guideline of Assessment of Psychosocial Health Care Needs of the Adult Cancer Patient, suggests a diagnostic screening at the beginning of treatment, at the end of the treatment, post-treatment, during the disease-free period and at the time of passing to palliative care, without forgetting to evaluate their family environment (11).

METHODOLOGY
 A descriptive cross-sectional study of patients hospitalized in the clinical oncology service in palliative care was carried out during the months March to July of the year 2018.

One of the recommended tools to detect anxiety in the cancer patient is the so-called GAD-7 that helps us to classify them into levels being these: minimum, mild, moderate and severe.

RESULTS
 It was carried out in a descriptive study for which 55 individuals, 16 men and 39 women in palliative care were evaluated, of which a higher incidence of patients diagnosed with cancer of the cervix, stomach, breast, prostate, as shown in the Figure 1.

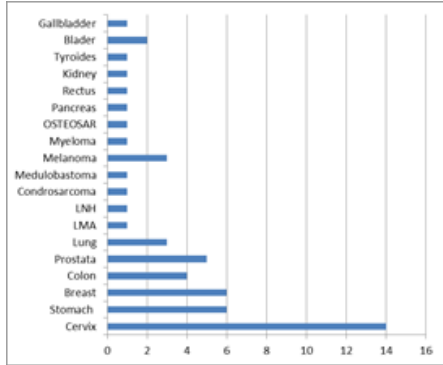


Fig 1.- Incidence of tumors evaluated in palliative patients

From this it could be analyzed to a great extent that 45% of the individuals did not present anxiety while the rest presented some degree of anxiety as it is represented in Figure 2.

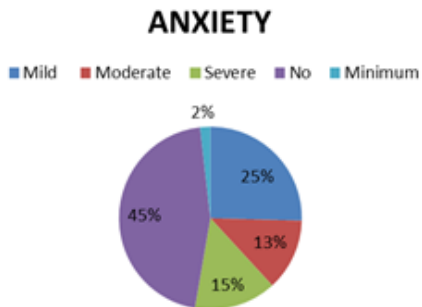


Figure 2.- Graphical representation of anxiety levels in palliative patients

It is interesting to appreciate that the highest levels of anxiety are found in women than in men as shown in Figure 3.

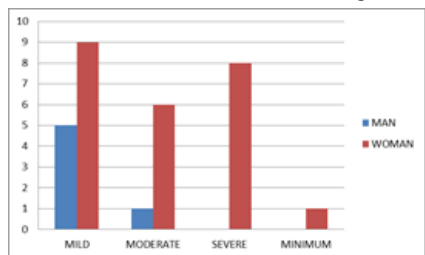


Figure 3.- Levels of anxiety according to sex

DISCUSSION

Anxiety is an emotional disorder that causes a feeling of constant sadness and a loss of interest in performing different activities; affecting thoughts, behavior and carrying physical and emotional problems that affect the quality of life even more to the deathbed (12–14).

In our work we can show that 55% of palliative patients have some degree of anxiety, perhaps similar to other publications in which 48% of anxiety is demonstrated as published by Camino.

In palliative care when presenting clinical signs such as cachexia, frequent attendance at medical controls, waiting for test results, as well as the emotional burden of being the person who watches over the care of their children increases the levels of anxiety in female sex. (19–24)

The palliative patient requires important psychological support so that he can cope with his passage to death, as well as support for the family to assimilate it and have a good death.

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