
Postgraduate Certificate in Psycho-Oncology

Supportive and Palliative Care in Psycho-Oncology

****Advance Care Planning (ACP)****

Related terms: End-of-life care, Advance Directive, Palliative Care

Advance Care Planning (ACP) is a process of communication and decision-making between patients, families, and healthcare professionals regarding future medical treatment and care, particularly when the patient is no longer able to make decisions for themselves. ACP helps ensure that the patient's values, beliefs, and preferences are respected and that their end-of-life care aligns with their goals and priorities. ACP often results in the creation of an Advance Directive, a legal document outlining the patient's preferences for medical treatment and care.

In the context of Psycho-Oncology, ACP is an essential component of palliative care, as it allows patients with advanced cancer to maintain control over their care and treatment decisions, reducing anxiety and distress.

****Bereavement****

Related terms: Grief, Mourning, Complicated Grief

Bereavement is the state of loss following the death of a loved one. It is characterized by a range of emotional, psychological, and physical reactions, including sadness, anger, guilt, anxiety, and fatigue. Grief is the emotional response to bereavement, while mourning refers to the process of adapting to the loss, which may involve rituals and social support. Complicated grief is a prolonged and debilitating form of grief that may require professional intervention.

In Psycho-Oncology, bereavement is a common experience for patients and their families, and healthcare professionals play a critical role in supporting them through the grieving process.

****Caregiver Burden****

Related terms: Caregiver Stress, Caregiver Support, Caregiving

Caregiver Burden refers to the physical, emotional, and financial strain experienced by individuals who provide care for family members or friends with advanced illness, such as cancer. Caregiver Stress is the distress experienced by caregivers in response to the demands of caregiving, while Caregiver Support refers to the resources and interventions provided to caregivers to reduce their burden and stress.

In Psycho-Oncology, caregiver burden is a significant concern, as it can negatively impact both the

caregiver's well-being and the quality of care provided to the patient.

****Delirium****

Related terms: Confusion, Agitation, Dementia

Delirium is an acute disturbance in consciousness, attention, and cognition, characterized by confusion, agitation, and disorientation. Delirium can be caused by a variety of factors, including medication side effects, infection, and metabolic disturbances, and is a common complication in patients with advanced cancer.

In Psycho-Oncology, delirium can be distressing for patients and their families, and healthcare professionals must be able to recognize and manage delirium to ensure the best possible outcomes for their patients.

****Fatigue****

Related terms: Cancer-Related Fatigue, Chronic Fatigue Syndrome, Insomnia

Fatigue is a persistent feeling of tiredness, weakness, and lack of energy, which can be physical, emotional, or cognitive. Cancer-Related Fatigue (CRF) is a common symptom in patients with advanced cancer and can be caused by the disease itself, treatment side effects, or other factors. CRF is different from normal fatigue, as it does not improve with rest and can significantly impact the patient's quality of life.

In Psycho-Oncology, healthcare professionals must be able to recognize and manage CRF, as it can be a significant source of distress for patients and their families.

****Hospice Care****

Related terms: Palliative Care, End-of-Life Care, Hospice Eligibility

Hospice Care is a specialized form of palliative care provided to patients with advanced, life-limiting illnesses, such as cancer, who are no longer seeking curative treatment. Hospice Care focuses on improving the patient's quality of life, managing symptoms, and providing emotional and spiritual support to the patient and their family. Hospice Eligibility is determined by the patient's prognosis and overall health status.

In Psycho-Oncology, Hospice Care is an essential component of end-of-life care, as it allows patients to spend their remaining time in comfort and dignity, surrounded by their loved ones.

****Illness Trajectory****

Related terms: Disease Progression, Chronic Illness, End-of-Life Care

Illness Trajectory refers to the course of an illness over time, including its onset, progression, and outcome.

In chronic illnesses, such as cancer, the illness trajectory can be unpredictable, with periods of stability followed by episodes of decline. Understanding the illness trajectory is essential for developing appropriate care plans and providing timely interventions to improve the patient's quality of life.

In Psycho-Oncology, healthcare professionals must be able to recognize and respond to changes in the illness trajectory, as this can significantly impact the patient's emotional and psychological well-being.

****Loss and Grieving****

Related terms: Anticipatory Grief, Complicated Grief, Grief Counseling

Loss and Grieving refer to the emotional and psychological response to the loss of a loved one or a significant aspect of one's life, such as health or independence. Anticipatory Grief is the grief experienced before a loss, such as when a patient is diagnosed with a life-limiting illness. Complicated Grief is a prolonged and debilitating form of grief that may require professional intervention. Grief Counseling is a type of psychotherapy that helps individuals navigate the grieving process and cope with their loss.

In Psycho-Oncology, Loss and Grieving are common experiences for patients and their families, and healthcare professionals must be able to recognize and respond to the emotional and psychological needs of their patients during this difficult time.

****Mental Health Disorders in Cancer****

Related terms: Depression, Anxiety, Delirium, Substance Use Disorders

Mental Health Disorders in Cancer refer to the range of psychological and emotional disturbances that can occur in patients with cancer, including Depression, Anxiety, Delirium, and Substance Use Disorders. These disorders can significantly impact the patient's quality of life, treatment adherence, and overall prognosis.

In Psycho-Oncology, healthcare professionals must be able to recognize and manage Mental Health Disorders in Cancer, as they can be a significant source of distress for patients and their families.

****Palliative Care****

Related terms: Hospice Care, End-of-Life Care, Symptom Management

Palliative Care is a specialized form of healthcare that focuses on improving the quality of life of patients with advanced, life-limiting illnesses, such as cancer, by managing symptoms, providing emotional and spiritual support, and coordinating care. Palliative Care can be provided at any stage of the illness trajectory and is not limited to end-of-life care.

In Psycho-Oncology, Palliative Care is an essential component of comprehensive cancer care, as it addresses the physical, emotional, and spiritual needs of patients and their families.

****Pain Management****

Related terms: Opioid Therapy, Pain Assessment, Pain Scales

Pain Management refers to the range of interventions used to alleviate pain in patients with cancer, including pharmacological and non-pharmacological approaches. Opioid Therapy is a common treatment for cancer-related pain, while Pain Assessment involves evaluating the patient's pain using validated tools, such as Pain Scales.

In Psycho-Oncology, Pain Management is a critical component of comprehensive cancer care, as uncontrolled pain can significantly impact the patient's quality of life and emotional well-being.

****Psycho-Oncology****

Related terms: Cancer Care, Supportive Care, Comprehensive Cancer Care

Psycho-Oncology is a multidisciplinary field of healthcare that focuses on the psychological, emotional, and social needs of patients with cancer and their families. Psycho-Oncology aims to improve the quality of life of patients and their families by addressing the emotional and psychological challenges associated with cancer, including stress, anxiety, depression, and existential distress.

In Psycho-Oncology, healthcare professionals must be able to provide comprehensive and compassionate care that addresses the unique needs of each patient and their family.

****Quality of Life****

Related terms: Symptom Management, Patient-Reported Outcomes, Supportive Care

Quality of Life refers to the overall well-being of patients with cancer, including their physical, emotional, and social functioning. Symptom Management is a critical component of improving Quality of Life, as it involves addressing common symptoms, such as