



# ***SPP2.5 A Life Review Project***



for Terminally Ill Palliative Care Patients  
Under Care of Clinical Oncology Department



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# Background

## Patient View

- Wish to “**cure**” the disease
- Staying at acute hospital for treatment= hope
- Transfer to convalescence hospital = abandonment



## Conflicts

## Staff View

- The reality is going to “**die**”
- Quality-of-Life: the most important at end stage of patient.
- Handle patient with negative emotions = Problem





## A real case: Mr. S



- M/47, single, lived with mother
- CA lung with brain met, 9/2011 onset
- 1<sup>st</sup> intake at 6/2012
- Poor relationship with family members
- Burdened with debts
- Patient's mother can't afford to pay
- RIP at 8/2012



## What are the S's problems?

- Incurable disease = waiting to die
- Emotions: Anxiety, fear, hopelessness
- Main concern: financial burden
- Family issue: mother takes responsibility



## What are S's mother wishes?

- Cure the disease
- Settle patient's debt
- Reconcile the sibling relationship
- Say sorry to mother



# What is life review?

- Life review = personal process to evaluate at end stage
- Powerful affirmation → values and meanings of the relationships with gratitude
- Positive outcome → resolution of conflicts, a sense of self-acceptance (*Garland, 2001*)



# Content of Life Review

- Family members: Father, mother, husband/wife, son/daughter, the significant person,
- School, job, friendship,
- Meaningful stories, knots, happiness moment,
- Secrets
- Achievements



## Team members

- Social Worker
- Nurses
- Physicians
- Volunteers (Visiting Group, NGOs, Students from Universities and etc)
- Clerical staff





# Life Review Project



- Since 11/2011
- No. of staff involved: 5
- No. of trained volunteer: 21
- No. of patients: 30



## *Life review*



- Recognized by the significant person / worker
- Brief life review made at bedside, or
- Conversation made between patient and worker, or



## *Life review*

- **Structured** life review (life book/video)





## *Feedback from S' mother*





# Appreciation from a patient's daughter!

...世, 但每次覆訪及如根的  
...訪, 都讓我們感到團隊的親切  
...專業, 另外, 特別多謝蕭社工在百  
...之中  
...危危製作的人生回憶錄  
...翻箱倒籠尋找相片的過程中  
...點滴都重新浮現, 很感恩  
...記時, 精神的時候, 可以讓也





## *Advantages of the life review*

Butler claimed:

- Resolve conflicts and regrets
- Reconcile personal relationships
- Gain insights





# Reflections

- Life review may recall the hidden unpleasant life events
- “Self” is the main character of the story
- Respects clients have their control, what topics to be reviewed and discussed
- May trigger worker’s unfinished business



# Conclusion

Conflicts



- Life review is an inexpensive therapy
- ↑ QOL
- ↓ depression, ↑ self-esteem
- ↓ family conflicts
- Achieving a “Good death”



Effective





# Acknowledgement

- Centre on Behavioral Health, The University of Hong Kong
- Evangelical Lutheran Church Social Service –Hong Kong
- Li Ka Shing Foundation
- The Hong Kong Polytechnic University
- The Hong Kong Social Enterprise Incubation Centre Limited
- The Hong Kong University of Science and Technology



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