SPP2.5 A Life Review Project

for Terminally III 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



Staff View

Conflicts

- 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
- 1st 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 selfacceptance (Garland, 2001)



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

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• 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









- 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)











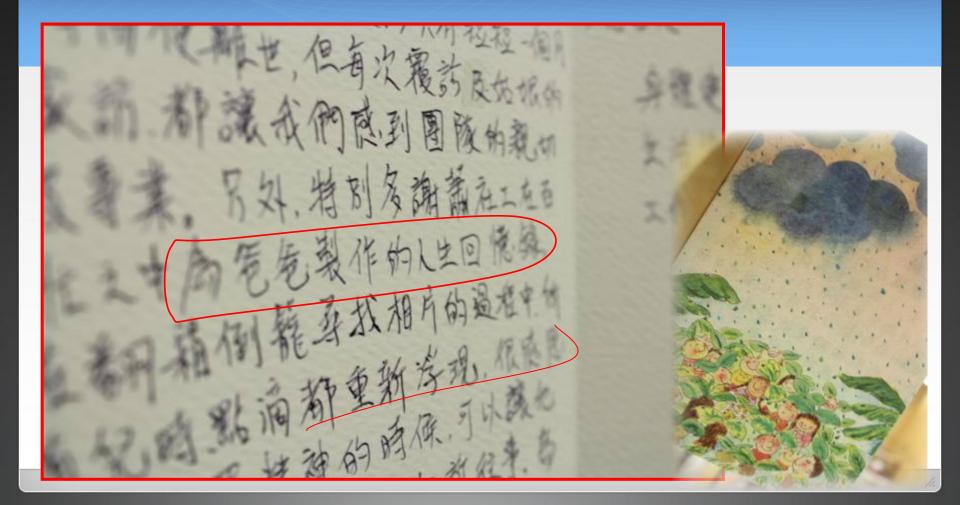
Feedback from S' mother







Appreciation from a patient's daughter!







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



- Life review is an inexpensive therapy
- ↑ QOL

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- \downarrow depression, \uparrow self-esteem
- ↓ family conflicts
- Achieving a "Good death"







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