



Service Priorities and Programmes Electronic Presentations

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Self-exploratory Perceptual change from cancer survivors: Narrative Therapy Hepatocellular Carcinoma Group (『愛護我的肝』小組)

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from patient role to their own life fighters

common preferred life as active, independent and cheerful

Introduction

Since 2010, multidisciplinary approach patient groups for hepatocellular carcinoma (HCC) patients and carers were conducted in NTWC to provide psychosocial support along with physical treatment. With the application of narrative therapy cum psychoeducation group intervention, HCC survivors and caregivers can create meaning of their lives; organize the past, explain the present and consider alternatives to accept their illness and live well with it. Both quantitative and qualitative data were collected for analysis, service evaluation and service development.

Objectives

1. to evaluate the effectiveness of group intervention of adopted model 2. to compare perspectives of status of HCC survivors before and after group intervention

Methodology

Two therapeutic groups “Living well with Hepatocellular carcinoma” (『愛護我的肝』小組), were conducted to HCC survivors and caregivers twice on July 2010 & May 2011. Narrative therapy cum psycho-education approach was adopted with multidisciplinary collaboration of surgeon, nurse, social worker, physiotherapist, occupational therapist and dietitian in phases. Total 17 sessions had been conducted for 16 HCC (14 males and 2 female) survivors and 4 caregivers (1 male and 3 females) with 158 attendances. Three narrative assessment questions were asked during pre and post group interviews for each group members : Question 1 : Please describe your life living with HCC/HCC of your family members ? Question 2 : How would you imagine your life living with HCC / HCC of your family members in the future ?

Question 3 : What would you like to change for your future life ? Both qualitative and quantitative assessment tools were used to measure the group effectiveness in pre and post group intervention. Qualitative data were captured and analyzed from both pre group and post three month interviews for 12 male HCC survivors (age range from 53 to 74) in preliminary stage.

Result

From the practice-based evidence of narrative practice, all 12 HCC survivors changed their perception of living with HCC from a negative perspective to a more positive one; from a patient role to their own life fighters. They declared their common preferred life as active, independent and cheerful. To conclude, being ill is a hard time for most patients, the presented therapeutic group approach is effective to improve the acceptance of disease and lifestyle adjustment to HCC patients and their caregivers.