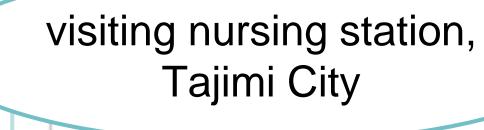
A caregiver's coping process with the end-of-life care of a patient with cancer at home: a case study

8th Public Health Palliative Care **International Conference**

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JAPAN

- Population: 123 million.
- Elderly aged 65 years and over: 29%.

Tajimi City, Gifu Prefecture

- Population: 100,000
- Number of visiting nursing stations: 17
- 3-19 nurses per station

Methods

Data were obtained from the field notes and group discussions of visiting nurses and were analyzed using the Trajectory Equifinality Approach. This study was conducted with the approval of the Ethics Committee.

Results

The participant was in her 80s. She continued to work part-time while caring for her husband who had advanced cancer. Her husband was in his 80s and was sometimes hospitalized to the

Background

1. Home medical care in Japan

Nearly 17% of people die at home.

JAPAN

 Community-based "Integrated Care System" has been promoted. There are about 17,000 visiting nursing stations in Japan. Each station has an average of five full-time nurses.

2. Patients with cancer in Japan

Cancer is the leading cause of death in Japan.

55% of Japanese people would prefer to die at home.

Japan has a rapidly aging population.

3. Characteristics of cancer patients

 In the weeks before death, symptoms increase and ADLs decline. Family caregivers have physical strain, anxiety, and depression. The burden leads some caregivers to give up on home care.

palliative care unit for his symptoms. The caregiver wanted her husband to stay hospitalized, but he wished to die at home. The nurses informed the caregiver of the patient's condition and prognosis at each visit. They also gave the caregiver a handbook which explains the monthly, weekly, and daily progress toward death. The caregiver observed the patient's condition and reported his distress to the nurses, which prompted them to administer continuous subcutaneous morphine injections. The patient wanted his wife to continue working, to which she obliged. The nurses visited twice a day and began long-term home-care visits. The patient died at home 4 days after starting morphine. 10 days later, the caregiver told the nurses that being able to care for the patient at home while working was wonderful. She also stated that she would assume her husband's domestic roles, such as taking out the trash and newspapers.

Study Aim

To clarify a home-based family caregiver's process of coping with a patient with cancer at the end-of-life, in order to identify ways to help them both.

Visiting nursing station 'Tohnosato'

- •Number of nurses: 13
- •Home-visit rehabilitation and home care, Care plan center attached
- Nurses hold daily conferences with house doctors at an adjacent clinic
- The station works closely with the neighboring palliative care unit on a daily basis and conducts pre-discharge conferences and death conferences.
- Handbook 'Tabidachinoshiori' : Nurses from four visiting nursing stations created it.

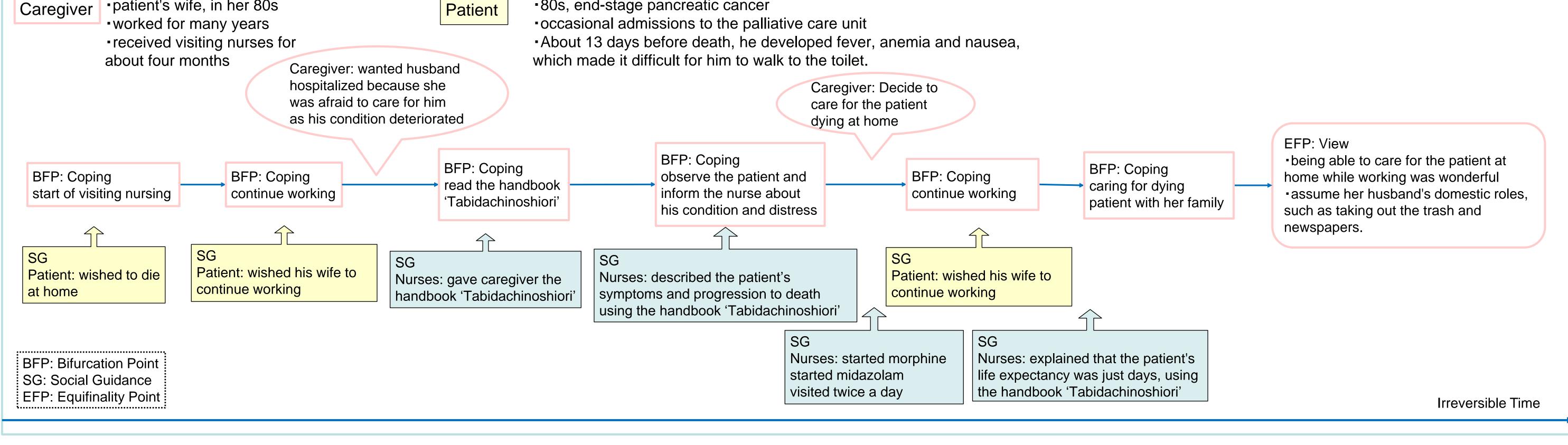
Conclusion

The nurses informed the caregiver of the patient's condition, and helped her cope with her husband's condition. Moreover, the nurses were able to appropriately relieve the patient's distress and increase the frequency of visits, allowing the caregiver to continue working. Such support may have helped the caregiver view the end-of-life care process positively and accept life without her husband.

夕 旅 立	_{城立方の菜} 第3章 DAILY	Chapter 3 Daily (within approximately one week of death) <u>Table of contents</u>	
KONTHLY WEEKLY DAILY	目次 1.介護の心がまえ 9.呼吸の変化 2.食べること 10.逝くことを受け入れる 3.お口のケア 11.さようならを言う 4.睡眠について 12.旅立ちの時 5.排泄について 13.医師・看護師への連絡 6.混乱しているようす 14.医師・看護師の到着	 Caregiving preparedness Eating Mouth care Sleeping Excretion Looking confused 	 9. Breathing changes 10. Acceptance of coming death 11. Saying goodbye 12. Time to start the journey 13. Contacting doctors and nurses 14. Arrival of doctors and nurses
Handbook: Tajimi Houkan Net. Aska Monthly Weekly Daily	(2021) Tabidachinoshiori —	 Rumbling sounds in the back of the throat Changes in temperature or skin colour 	 Helping to start the journey (mortuary care) After the farewell

Caregiver • patient's wife, in her 80s

-80s, end-stage pancreatic cancer



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