



Enhancing Patient Well-being The Nurses Integral Role in Holistic Care Provision

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INTRODUCTION: Holistic care represents a specialised approach dedicated to alleviating psychological and physical symptoms and mitigating the stress associated with illnesses, to enhance the quality of life for both patients and their families. This study focuses on elevating awareness among nurses and patients regarding the various options and advantages of holistic care, thereby encouraging the utilisation of supportive services to enhance overall well-being.

OBJECTIVES/ AIMS:

The primary goal of this initiative is to enhance awareness of the available options for holistic care and encourage the utilisation of supportive services, with the main goal of improving the overall well-being of patients.

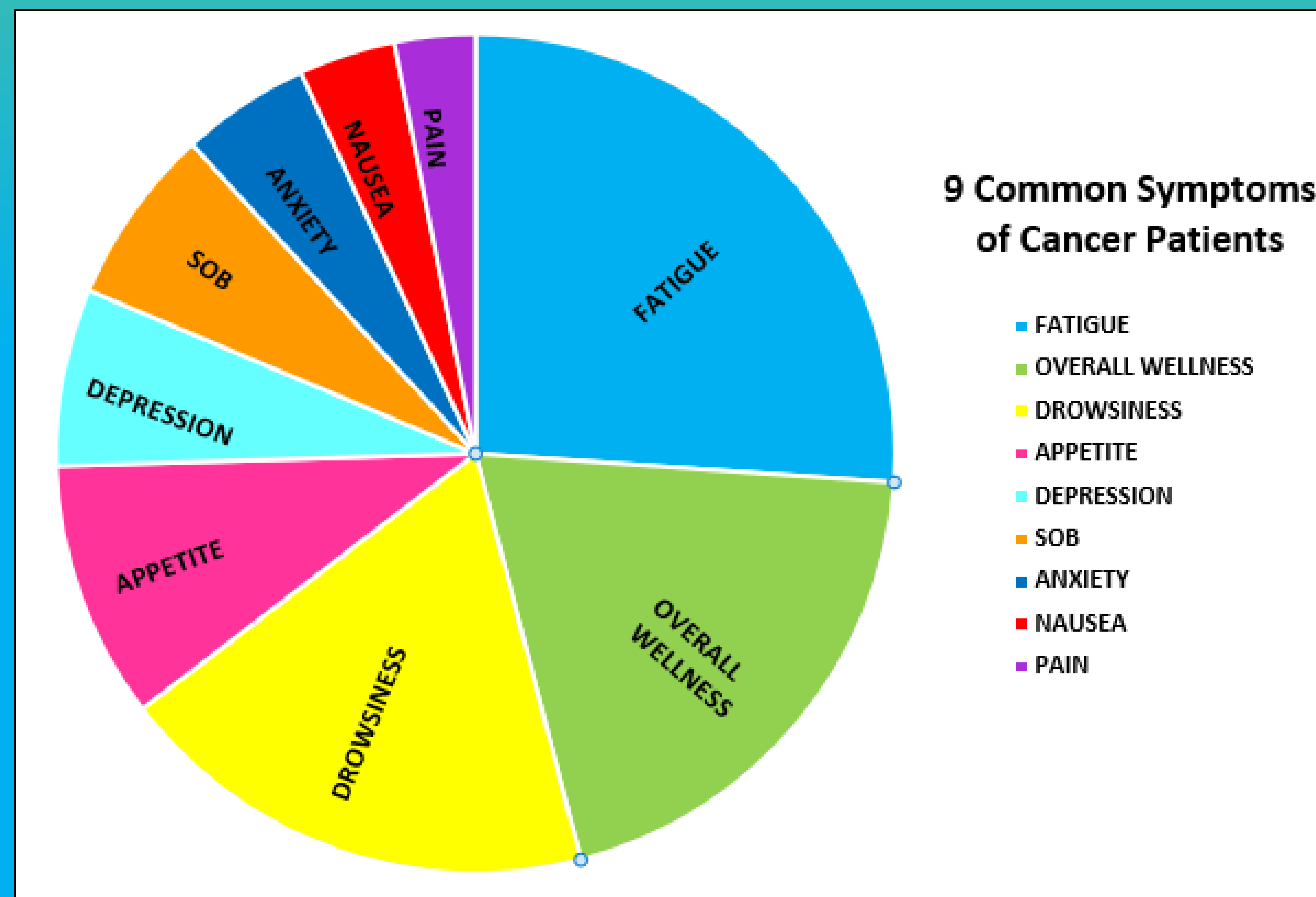
DESCRIPTION/ METHODOLOGY:

A comprehensive survey was conducted over the course of a month, targeting patients in the medical oncology day setting on each admission and the radiation oncology setting once a week. A total of 161 surveys were completed. The survey incorporated the Edmonton Symptom Assessment System, utilising a 0-10 scale, addressing the 9 common symptoms of cancer patients' pain, fatigue, nausea, depression, anxiety, drowsiness, appetite, shortness of breath, overall well-being accompanied by a diagram enabling patients to pinpoint areas of discomfort.

A score of 4 or higher in any category prompted a recommendation for supportive care options. Subsequently, during the daily nursing assessment MR54A, which assesses the patient's toxicities. If there was an increase in toxicities, the survey was reissued.

RESULTS/ OUTCOMES:

Analysis of the survey data revealed that a significant number of patients scored above in categories such as fatigue, drowsiness, loss of appetite and overall wellness leading to referrals to a supportive/palliative specialist.



Symptoms	Results
fatigue	42
Overall wellness	32
drowsiness	30
appetite	16
depression	11
SOB	11
anxiety	8
nausea	6
pain	5
Grand Total	161

CONCLUSION:

The collaborative efforts of nursing education and patient surveys have fostered a positive response, with patients readily accepting the supportive care services offered. As a result, an increasing number of patients are being referred and consistently reviewed by these services, highlighting the successful integration of holistic care into patient-centred healthcare practices.



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