

## Case Study

# APPLICATION OF PROBLEMS AND NEEDS IN PALLIATIVE CARE INSTRUMENT - SHORT VERSION (PNPC-SV) FOR ASSESSING THE PALLIATIVE CARE NEEDS FOR THE CANCER PATIENTS

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### Abstract

**Background:** Assessment of the needs of palliative care is the first step to know about the picture quality of life and determine interventions to solve problems experienced by patients with chronic conditions and terminal. One of the instruments that can be used is the Problems and Needs in Palliative Care Instrument - Short Version (PNPC-SV). Instrument PNPC-SV examines the 8 dimensions of activity and exercise, physical symptoms, autonomy, psychological, spiritual, financial, and information needs.

**Objectives:** The purpose of this study was to explore the need of palliative care with the use of the instrument Problem and Needs in Palliative Care Instrument - Short Version (PNPC-SV) in cancer patients.

**Methods:** This research uses qualitative method with case study approach. Data collection was conducted by means of questionnaires filled in the assessment of the needs of palliative care (PNPC-SV), then performed in-depth interviews in accordance with the results of the assessment and observation on the 6 participants in the space of oncology in one of hospital in Semarang.

**Results:** The theme results of this research are: (1) Self-acceptance as well as support to the family of the condition of the patient, (2) Influence the patient's psychological to the social environment, (3) the right education to improve the quality of life and (4) The basic components assessment of the needs palliative care should be assessed by the nurse.

**Conclusion:** The assessment which done in a holistic manner can help the nurse to provide nursing care in accordance with the needs of the patient to face the condition of the disease. The needs of the patient in physical, psychological, social and spiritual is very necessary to maintain the balance of her consistency and integrity in the ability to remain accepted, loved and appreciated by others.

**Keywords:** The needs of palliative care, PNPC-SV, cancer patients.

## INTRODUCTION

The patient is a creature holistic consisting of elements of biological, psychological, social, cultural and spiritual. The five elements cannot be separated between

one and the other. Disruption of one of these elements can be a threat to other elements (Asmadi, 2008). Patients with a terminal case like cancer will experience problems in physical, psychosocial, social, cultural and

spiritual. Of physical problems that occur such as fatigue, sleep disorders, pain, nausea, vomiting, decreased function of immunity and impaired cognitive function. Psychosocial problems include anxiety, depression, fear the onset of cancer or other. Spread to other organs, fear of undergoing the examination, recurrence of the disease and until the death (Fann JR., 2008). The problem of social can occur due to changes in the physical form of the experienced, weakness, fatigue and bleeding that occurs can result in patients experiencing a decrease in self-esteem and withdraw from the social environment (Misgiyanto & Susilawati D., 2014).

Therefore, patients with cancer of the very need of palliative care. Palliative care starts from the assessment. Assessment in the nursing process is the first step in performing nursing care. The assessment can help determine the problems experienced by the patient so that the nurse can provide nursing care that is appropriate to the needs of the patient (Wiratama P, 2019). Palliative care has the purpose of preparing the patient and family in the face and deal with problems that arise, to conduct an assessment on the patient and family (Ministry of Health, 2007).

Assessment of the needs of palliative care that is holistic in cancer patients are needed to determine the purpose and give the layout right, to cope with the symptoms of the disease as well as provide support in the aspects of psychological, social, cultural, and spiritual in accordance with the needs of the patient (Directorate general of prevention and control of non-communicable diseases, 2016). The impact of assessment that is not holistic causing the error to the management of palliative care, so that it does not meet what becomes the main requirement that is needed from the patient which can lead to a decrease of the quality of life of the patient. The results showed a change or disruption that occurs in one part of the body, mind or spirit can cause a decrease in quality of life in patients and families (Waller, 2011). The purpose of this study was to explore the needs of palliative care with the

use of the instrument Problems and Needs in Palliative Care Instrument-Short Version (PNPC-SV) in cancer patients.

## **METHODS**

### *Study Design*

The design of this study was a qualitative method with the in-depth interview approach.

### *Setting*

This study was conducted in March 2020 at the RSUP Dr. Kariadi, Semarang.

### *Research Subject*

The sample in this study was 6 patients of cancer diseases in medical Oncology department of RSUP Dr. Kariadi, Semarang. The inclusion criteria in this study to find the respondent was condition of the patient is conscious, able to communicate well, patients diagnosed with the cervix's cancer and had to undergo chemotherapy for more than 1 year.

### *Instruments*

Data collected by using the questionnaire assessment of the needs of palliative care, namely the Problems and Needs In Palliative Care Instrument - Short Version (PNPC-SV) with the value of the validity of the construct of 0.80 and the value of reliability using the Cronbach  $\alpha$  was 0.70. Instrument PNPC-sv used has 8 domains, namely ADL, physical symptoms, autonomy, psychological problems, spiritual problems, financial problems and the need for information which is poured in 33 question items (Bart, Osse, et al, 2004). This instrument has been used in some countries such as the Netherlands, Thailand and Indonesia with Cronbach Alpha .86 and validity test was .95 (Osse et al., 2007. Effendy C et al, 2014. Le Thi Hien et al, 2017).

### *Data Analysis*

The data were analyzed using thematic analysis.

### *Ethical Consideration*

This study has received permission from the RSUP Dr Kariyadi Semarang ethics commission, with Number 462/EC/KEPK-RSDK/2020. This research was carried out by applying research ethics, which included autonomy (respect human), anonymity, informed consent, confidentiality, beneficence, and non-maleficence.

### **RESULTS**

The results of the assessment using the instrument PNPC-SV obtained from 6 participants experience requirement will face the problem of physical, psychological problems arising from physical problems that affect the relationship social and need education about the disease. This is in accordance with the results of in-depth interviews conducted thus obtained 4 themes, namely: (1) self-Acceptance as well as support to the family of the condition of the patient, (2) Influence the patient's psychological to the social environment, (3) the right Education to improve the quality of life and (4) the Components of the basic assessment of the needs of palliative care should be assessed by the nurse.

1. Theme 1: self-Acceptance and family support for the patient's condition.

Self-acceptance and family support can help reduce the physical symptoms felt by the patient. It is based on the statements of the participants as follows:

"I can't be business as usual again, let alone make a run in the sleeping position I often crowded. But I'm thankful there are children I always help and accompany me in my condition like this" (P.1)

"Hopefully with the treatment that I do, I can reduce the pain and nausea that I experienced, that hurt so bad to just be lying constantly. Although my condition like this, but my husband always there beside me, so the pain that I feel slightly reduced when I see my husband who is so patient accompany me" (P.3)

"Now I can only do low activity like eating and going to the bathroom, and sometimes I still ask the help of a husband. But thank God, my husband always waits to help and help my work also. Very grateful, given the ordeal but also soulmate who always faithful accompany me, even though my condition is like this" (P.5)

2. Theme 2: The influence of patient's psychological to the social environment.

Psychological patient can affect the life in the social environment. It is based on the statements of the participants as follows:

"I've been scorned and said that I will not have a long life with the condition of my pain, I felt so bad when someone said that. Although this person was very close to my family, now I keep a distance with him sometimes if I look at the person like I remember his words" (P.2)

"Don't think I could hurt like this, to be honest sus I am embarrassed by my disease. I was ashamed and afraid that people in my neighborhood know my pain of cancer, especially my physical conditions are drastically changed after the action of chemotherapy. So now I am better stay at home" (P.4)

"The neighbors often talk about my condition, they're so sorry for my husband. They said sorry that my husband had a soulmate with this disease, so my husband shall take over all of my work at home. That's why I never participate in activities of the village" (P.5)

3. Theme 3: The right education to improve the quality of life.

Education for patient, is one of factor that can improve the quality of life. It is based on the statements of the participants as follows:

"how many times chemotherapy shall i do, so I can recover my condition like the first time? I feel there has been no change, in fact I think getting down my condition day by day, nurses" (P.1)

“The doctor said, I can be health with chemotherapy, is it true?” (P.5)

“Actually, can I recover my condition? I have a regular chemotherapy but my condition is getting weak, in fact I think no changes are meaningful” (P.6)

4. Theme 4: The basic components assessment of the needs of palliative care should be assessed by the nurse.

Components of the assessment of the correct and proper can help the patients to solve the problems faced by patients. It is based on the statements of the participants as follows:

“I'm really glad I can share story with nurses, I feel cared here.” (P.2)

“After I found the nurse, I can share my story and ask what I don't understand about my condition at this time, I hope I am strong to face everything” (P.4)

“Fortunately, there is a nurse who I can ask and answer, s I know and understand what must I do after coming home from the hospital. Thank you, nurse,” (P.6)

## DISCUSSION

Theme 1: Self-acceptance and family support for the patient's condition.

From the results of the assessment using the instrument PNPC-SV showed that the problem of physical symptoms that faced by the participants is such a pain, shortness of breath due to metastases of cancer experienced, intolerance to daily activities and nausea experienced by post chemotherapy. To solve the problem of physical symptoms that faced by the participants were given education about comfortable position when experiencing shortness of breath, teach relaxation techniques and breathing in granting compress on the area that is experiencing pain, when the participants feel pain and the most important is the support of the family for helping fulfill the ADL and always accompany the patient to face the physical symptoms experienced can help reduce the physical symptoms experienced by the participants (Baradero et al., 2008)

Family support has a positive relationship to the health status of the global cancer patients, which means that strong family support can improve the status of global health compared with family support weak (Enache, 2012).

Theme 2: The influence of patient's psychological to the social environment.

From 6 participants obtained, there are 4 participants in a phase of depression with his physical condition. Physical conditions that decrease will affect the psychological condition too. Anxiety is the main response that most often occurs after the patient is diagnosed of cancer. Anxiety also can appear result of medical therapy that is undertaken as the action of chemotherapy. In addition to the anxiety, the patient will also feel hopeless, and decreased self-esteem, feel tired, scared and depressed and when it goes on continuously will cause depression. Therefore, in addition to having physically ill patients with cancer will also suffer from depression (Misgiyanto & Susilawati D., 2014).

The physical changes experienced by the patient Will effect by withdraw from the social environment by themselves. Weakness, fatigue and body shape changes that occur result in the patient's decline of self-esteem. Not only that negative perceptions that arise in the community about cancer is a disease that is a dangerous disease can even be deadly also be one of the factors women who have experienced cancer, withdraw herself from the social environment (Misgiyanto & Susilawati D., 2014). Therefore, the patient with cancer needs of attention and motivation given by the couple, the family, the environment and the medical team can be a source of encouragement and support in improving the quality of life of patients (Buchi et al., 2013).

Theme 3: the right Education to improve the quality of life.

Participants requiring a lot of information from health workers about the disease, and treatment. It is related to research that patients need information about the treatment and

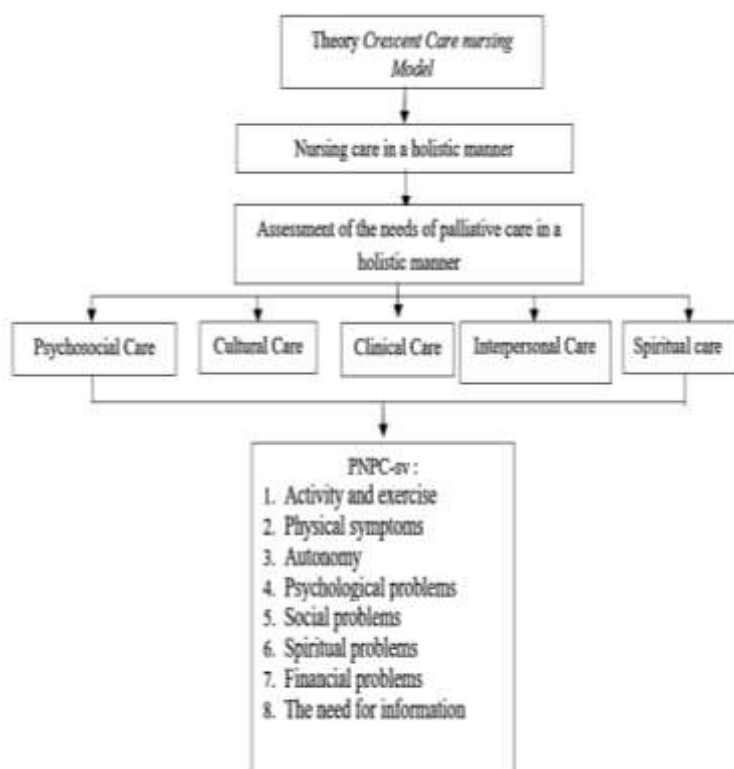
education about sexual needs. This information can be given by health education in a structured and systematic to the patient and the family so It Will give understand to all about it. so that it can improve and maintain well-being and life quality of patients. If there are consulting services in private about the treatment to the patient, making the patient is able to take the right decisions with regard to treatment on the pain. Some distress psychosocial manifested as social isolation, low self-esteem, anxiety can be reduced through counseling experience (Lusiatur et al., 2016).

Theme 4: The basic components assessment of the needs of palliative care should be assessed by the nurse.

The fulfillment of the needs of palliative care can improve quality of life in patients who have chronic diseases to the terminal, so that the assessment of need for palliative care is needed as a preliminary step to the implementation of palliative care in a holistic manner. Palliative care is an effective needs assessment that accurately related to the needs of physical, emotional and proper planning to address the personal needs of the patient. Given that the services palliative care should be centered on the patient and provided by a team of multi-professional collaboration with the patient and his family, then the approach of “Patient Centered Care (PCC)” or “care centered on the patient”. With this approach, the patient will get the services in accordance with the needs of the personal, involving his family to improve the quality of life by upholding the aspects of the values/culture, philosophy of life, the desire, and the autonomy of the patient (Effendy C, 2014).

The theory that can be used in this research is the theory of Crescent Care nursing Model. The theory of Crescent Care nursing Model of Lovering stated that the provision of nursing care provided in a holistic manner (Lovering, 2012). The approach of nursing care in a holistic manner can be started from the nursing assessment that holistically covers the bio-psycho-social-cultural-spiritual. It is expected

that with the assessment that a holistic can help the nurse to determine what the needs of the patient so that in the provision of nursing care can further resolve the issues faced by patients. So, the instrument PNPC-SV can be used to perform the assessment of the needs of palliative care in cancer patients because the instrument contains 8 domains, namely activity and exercise, physical symptoms, autonomy, psychological problems, spiritual problems, financial problems and the need for information (Bart, Osse, et al, 2004). This instrument has been used in some countries Southeast Asia such as the Netherlands, Thailand and Indonesia (Osse et al., 2007. Effendy C et al, 2014. Le Thi Hien et al, 2017).



**Figure 1.** Crescent Care Nursing Model of Lovering (2012).

## CONCLUSION

Assessment of the needs of palliative care is needed in patients with chronic disease and terminal stage. The assessment carried out in a holistic manner can help the nurse to provide nursing care in accordance with the needs of the patient to face the condition of the disease. The



needs of the patient in physical, psychological, social and spiritual is very necessary to maintain the balance of her consistency and integrity in the ability to remain accepted, loved and appreciated by others.

### SUGGESTIONS

Expected from the results of this case study can help nurses to find out what problems experienced by patients and can be further study about the needs of palliative care in patients with breast cancer and in patients with conditions of chronic and terminal.

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### AUTHOR CONTRIBUTION

**Ratih Ayuningtyas:** Conduct research methods, collecting data, analyzing data, compiling manuscripts.

**Anggorowati:** Provide guidance for conducting research, compiling manuscripts.

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