

oncology day care unit, it was found that they have high levels of stress with high levels of work satisfaction. Studies have demonstrated that a workshop in Tai Chi, a Chinese old way of combining mind and body, may decrease days of absence from work and increased their work performance.

The aim of this project was to provide a workshop for nurses at the oncology day care.

The conclusion from this project is different from the literature. This survey found high levels of satisfaction although also high levels of distress in the nursing staff involved. Some of the explanations for this is the high levels of reward provided in working in the oncology day care unit. It is important to provide the staff with emotional tools to cope with the high levels of anxiety and distress. Although the workshop in Tai Chi was under-attended, it is important to pay attention to nurses' health related activities and their own personal wishes and desires.

### **OVERUSE OF CHEMOTHERAPY IN CHRONIC ILLNESSES AND TERMINALLY ILL CANCER PATIENTS**

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Medications for older people requires special attention. At this age, it is normal for cancer patients to take additional medications for other chronic illnesses. Moreover, in many cases the medications give another therapeutic affect than required. This may be because in older age there are physiological changes in the body that will affect the pharmacodynamics and the pharmacokinetics of the medications. These changes may affect the absorption and metabolism of the medications in the liver and then their release through the kidneys. In patients receiving also chemotherapy, this may lead to even serious and dangerous interactions which may even worsen the chronic illnesses the person had during the lifetime.

In the reported study, we examined all medications given to cancer patients other for their cancer. We examined the charts of all patients treated at the palliative home services of the ICA over the age of 60 who died between

the years 2013-2015. 202 medical charts were checked. 102 women, the average age was 80+-7.9, 90% over 70 and metastasis were mainly in liver, bones and lungs. The average of medications other than for the cancer were about 9.2 before their death.

Palliative home care of the ICA is provided to patients in addition to their oncological treatment given by their oncologists. In our view, patients are given at their last phase of their cancer care over medications, which may not suit their condition.



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## ADVANCING NURSING MANAGEMENT OF HEMATOLOGICAL PATIENTS - A RETROSPECTIVE SURVEY ON SYMPTOM BURDEN

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**Background:** Cancer patient often experience high level of symptom burden. These various symptoms may include pain, microsites, anorexia, dyspnea, constipation, depression, fatigue, nausea and vomiting. Their frequency may vary between 50% to 80%. Among Hematological patients the symptom burden may be even higher than for solid cancer (oncological) patients. However, there is a deficit of data regarding this issue in blood cancer patients.

**Aim:** To assess the symptoms, their extent and frequency in hematological newly patient admitted to the hematological department, with the aim to develop a valid symptom plan management may will lead to better quality of care.

**Method:** A retrospective survey that assessed 259 patients admitted first time to the hematological Ward. The data was collected from patients' answers to the MEDASI questionnaire (M.D Anderson Symptom Inventory) and from

patients demographic and disease related data.

**Results:** It was found that symptoms that mostly experience by hematological patients at their first admission are pain, fatigue, sleeping problems, anxiety, lack of appetite sleeplessness, dry mouth and sadness. Fatigue was a symptom most experienced by these patients which in 70% of them experienced this symptom to a high and moderate level. Dry mouth was an unexpected symptom for the nursing staff (40% in a high to moderate level and 20% to a low level). Sleeping problems, worries and sadness are known in the hemato-oncology literature as the most common symptoms which was also described by our patients.

**Conclusion:** Fatigue is indeed the most common symptom in the newly admitted hematological patients. In high risk group are older women. Our recommendation is to further assess symptoms also in other stages of admission, such as returning to the department, and to compare the results to our findings and to integrate other measures of plans of nursing interventions based on the nursing literature in this field.

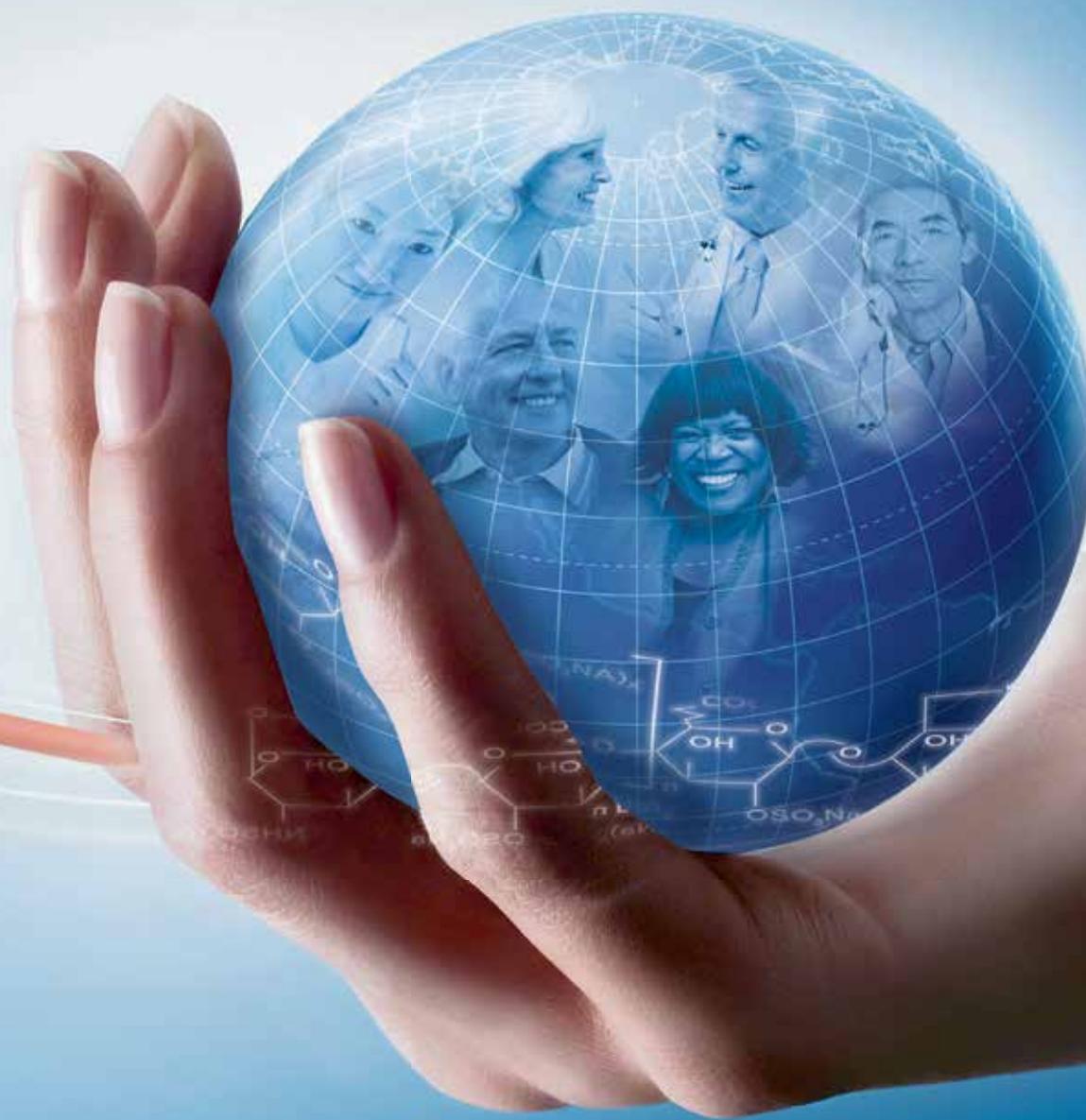
## HOW TO DEAL WITH THE STAFF'S ANXIETY A TAI CHI WORKSHOP FOR NURSES AT THE ONCOLOGY DAY CARE UNIT

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Oncology nurses may experience high levels of anxiety and distress when dealing with their patients and family members. In a survey done, examining nurses at the

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