Whole Person Care: Aiming for better Physical and Mental Health Care

Mental Health in Cancer Patients
Dr Reem Alsulaiman
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Patient Safety First
Conflict of Interest

I have no conflict of interest or disclosure in relation to this presentation.
Learning Objectives

At the end of this session, participants will be able to:

1. Impact of “cancer” on patient’s psychological wellbeing

2. Role of psychological interventions/support for cancer patients
Cancer

• ‘Cancer is everyone’s worst nightmare’  
  (Burton & Watson, 1988, p. 1)

• Significant association between cancer and depression, anxiety and stress, fear of death, sleep disturbance, difficulty thinking and concentrating, marital and social issues.

• Causes of psychological distress:
  ➢ The perception and mythology surrounding cancer
  ➢ The prolonged treatment (including surgery, chemotherapy and radiotherapy)
  ➢ Body image
  ➢ Sexuality issues
  ➢ Contribute to patient’s psychological distress, poor quality of life and treatment compliance.
Exploring the effectiveness of crisis counseling and psychoeducation in relation to improving mental well-being, quality of life and treatment compliance of breast cancer patients in Qatar

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Background: An insufficient number of studies have been carried out in the Middle East to evaluate the role of structured psychotherapeutic interventions in enhancing breast cancer patients’ psychological well-being, quality of life and treatment compliance. This study has been designed to address this limitation by exploring the benefit of two structured psychotherapeutic interventions, crisis counseling and psychoeducation, in enhancing breast cancer patients’ psychological well-being, quality of life and treatment compliance in Qatar.

Methods: A total of 201 women with early-stage breast cancer from the state of Qatar were recruited and randomized into either the control group or one of the treatment groups (crisis counseling or psychoeducation). Each of the two treatment interventions consisted of a total of six 60- to 90-minute sessions, which were provided over a period of 12 weeks. The short- and long-term benefits of the
Impact of psychological support:

Women’s experience with breast cancer (Qualitative)

- Fear of social stigma
- Difficulty coping with fatigue and body image changes
- Diagnosis impacted intrafamilial/sexual relationships
- The need to talk and have support

Psychological Distress

Women’s experience with crisis counselling and psycho-education (Qualitative)

- Safe space to talk, express emotions and learn new ways to cope with the diagnosis
- Less depression, anxiety and stress

Impact of crisis counselling and psycho-education (Quantitative)

- Improved depression, anxiety and stress and quality of life on DASS21 and QLQ-C30
- No impact on treatment compliance
UK’s Best Breakthroughs of 2018

06/12/2018

Regent’s University London Recognised in UK’s Best Breakthroughs List

Doctor Reem Al-Sulaiman celebrated for transformational impact on the lives of women living with cancer in Qatar

The work of Doctor Reem Al-Sulaiman from Regent’s University London has today been named as one of the UK’s 100 best breakthroughs for its significant impact on people’s everyday lives.

Doctor Al-Sulaiman, a PhD graduate in Counselling and Psychotherapy is honoured in the UK’s Best Breakthroughs list of the last century for her pioneering work as a board certified cancer genetic counsellor, working at the National Centre of Cancer Care and Research at Hamad Medical Corporation in Qatar.

Doctor Al-Sulaiman’s research focused on breast cancer patients by exploring women’s experience with breast cancer and the benefit of crisis counselling and psycho-education for women with early stage breast cancer.
Thank you.