Psychosocial support, women suffering from cancer, rehabilitation, and return to work
Center for psychological help
Association EVERYTHING for HER!

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Types of cancer - Women
Reactions to diagnosis

family

ill

- shock and disbelief / denial
- anxiety
- fear (of death, of pain, of exist. family)
- redistribution of roles and responsibilities
  - weakening or strengthening ties
- fear for sick
- social isolation
- changes the perspective of the future
- emotional instability, feelings of guilt
- cognitive disorders, lack of info., difficulty in processing information
- stigmatization
- changes the perspective of the future
- feelings of abandonment, marginalization,
How to tell your partner or parents?
How to tell the kids?
Will I be cured?
What if the disease comes back?
How will we live without my salary?
How do I endure therapy?

Will the wife / mother survive?
What can I say?
How should I act?
Why does it happen, if I'm guilty / fault?
In order to give her support?
View from the "shoe diseased"

- The death disease or chronic illness?
  Cognitive difficulties (confusion, dislocation, lack of information, impossibility processing the received information, difficulties making a decision about surgery and therapy)
  Emotional problems (the nightmare of negative emotions, loss of soil under the feet)
  Family and social aspect of difficulty - the impact of the disease on relationships, changes in relationships
CLINICAL GUIDELINES FOR ONCOPLASTIC TREATMENT OF BREAST CANCER

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Multidisciplinary team of breast

• Diagnostic - make radiologist, cytologist, pathologist and spec.nucl.medicine

• Therapeutic - make the surgeon and oncologist.

• Rehabilitation - a psychiatrist and a psychologist.
Tifying the most vulnerable patients

- Patients who have major emotional difficulties related to diagnosis and premorbid or had mental problems and were treated, should be sent to a psychologist and a psychiatrist for diagnostic processing and continuation of treatment after release.

Psychological and psychiatric diagnosis and treatment protocol (D. Kozarić-Kovacic) are a special part of the guidelines.
Psychosocial treatment in the community

- Recommendation for outpatient treatment in the community can be positioned at every stage of psychological "support" (at hospital discharge or later during treatment)
Elements of psychological care

- Dealing with the diagnosis and preparing for treatment
- Psychoeducation
- Psychological support during treatment and decision-making on the acceptance of the proposed medical procedures and treatments
- Psychological support ongoing rehabilitation and return to all life roles
- Psychological support partner and family
The organization of psychological Apron

The health institution
The community - the civil sector (civil society organizations):
- professionals
- volunteers

Education experts in the field of psychological care for oncology patients

ŠIBENIK, 03.10.2015.
The model of psychological support on

EVERYTHING for HER! - Association of women diagnosed and treated for breast cancer, founded the 2008th

The area of prevention

Cooperation with institutions
health institutions and other NGOs

Providing psychological help at the Center for psychological help:
Women suffering from any kind of cancer their families - for free

ŠIBENIK, 03.10.2015.

Vesna Andrijević Matovac, first president
Conferences and training

Participation in professional cups
The organization of conferences
The organization of education
Issuing educational brochures
"I want a world with you, "the 2012th"
How to stand - where to look for answers?
Breast Cancer - How to adhere to treatment?
Applications Center for psychological help
Psychological treatments

Individual counseling and psychotherapy
Group therapy, -20 sast, 2 dogs.
Support-Groups and continuo, 2 dogs.
family counseling partner counseling

The center is open
21 May, 2010.
Counselling

Legal counseling - Legal Clinic
Counseling occupational medicine
Telephone counseling
Counseling on nutrition (from 2013)
Multiple educational and therapeutic programs

- anti-stress workshop
- psychoeducation
- relaxation techniques
- Nutrition
- yoga - a special program for people with cancer
- teaching doctors (oncologists, radiologists, surgeons ...)
- art workshops
- team building beneficiary, informal gathering / self-help
Accommodation in Center

Women modest socioeconomic status secured accommodation at the Center during the multi-day diagnosis, examination and treatment in Zagreb.
Associates

- psychologists
- psychiatrists and other physicians
- nutritionists
- heads of art workshops
- lawyers - Legal Clinic, Faculty of Law
- volunteers
- supervisor for therapists
- association staff
The integrity and professionalism of the program

- The guidelines of the Centre
- Program evaluation and treatment
- Scientific base and evidence based
- Professional treatment implementers - psychologists
- Organizational supervision
  - better Center operations
- Supervision of therapists:
  - Personal support (prevention of burn outs)
  - Expert support (professional growth)
Workflow for the beneficiary

Tel. call-meeting with a psychologist for 2-3 days
The first interview with a psychologist, Confidentiality, history, polls, arranging treatment
Individual treatment - for 3-5 days, 1x a week
Group treatment- 20 meeting, 1x a week
The support group - 1x week
The possibility of parallel participation in other programs to the needs of beneficiaries
The individual treatment of over 600 affected women
The treatment for family members (partners, children, mothers ...)
wailing
Arrive at the interview as well as help to make a decision about treatment
Over 200 nights at the Centre
Some 3,000 arrivals and services provided 2013.
The main goals of treatment

- timely psychological intervention
- rehabilitation
- quality of life
- Successful return in all life roles
Critical points

- Coping with the diagnosis
  Accepting treatment
  Retention of motivation for treatment
  Completion of treatment-return to work

Continuous / intermittent support during follow - can last several years particularly if the disease gets worse
Now you are healthy ...

- Now are healthy - continue where you left off
  - Fear of returning to work
  - Lack of working condition
  - Expectations of family and work
  - Lack of preparation for return to work
  - The inadequacy of the workplace - an increase in risk for progression / recurrence or psychiatric problems
Jobs that treatment should not work

- hard physical work
- night work
- shift work
Be functional - no disabled

- Better informing patients regarding its rights
- Motivation and desire to return to work
- Preparing to return to work
- References to a physical impairment and disability
Future

- The networking of health care institutions, associations and professional societies in providing professional psychological and psycho-social support and better informing patients
THANKS FOR YOUR ATTENTION