Emotional Well-being for Patients with Chronic Illness

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Aims

• Project brief: to explore the evidence base of effectiveness for interventions resulting in increases in emotional well-being or emotional resilience for interventions currently offered by The Landuu Company

• Project Definition Document set terms for scope of project:
  - Emotional well-being / resilience
  - Cancer or Depression or Anxiety as base conditions
    • Depression and / or anxiety often co-occur with cancer
Project design

• Two reviews
  – Charity sector information
  – Peer-reviewed articles

• Synthesis of the two for recommendations
CHARITY SECTOR REVIEW
UK Top 5 Cancer Charities

• Charities were identified via information produced by The Guardian Newspaper

• Top 5 UK charities were found to be:
  • Cancer Research UK
  • Macmillan Cancer Support
  • Marie Curie Cancer Care
  • The Royal Marsden Cancer Charity
  • Bloodwise (formally Leukemia & Lymphoma Research Society)
Search...

• Use website search bar to search for web pages in relation to key search criteria:
  • Depression
  • Anxiety
  • Therapy
  • Emotional well-being
  • Emotional resilience

• De-duplicate returned web pages
Results & initial coding

• This produced 75 relevant web pages results

• The content of each of the identified web pages was reviewed, with relevant information being coded using the key search terms

• A web page identified using the search term ‘depression’ may have content related to depression, anxiety and therapy
Analysis

• Once results had been coded using key terms, clear similarities between materials/resources provided by the top five cancer charities became apparent.

• These similarities were then used to identify sections to be covered within the charity sector review.
Key Findings (1)

• It may be possible for The Landuu Company to offer similar services (e.g. talking therapies) to people caring for someone with cancer

• Complementary therapies are not advocated by all of the charities reviewed

• Cross-over between the advice offered with relation to anxiety and depression
Key findings (2)

• Little information provided in specific reference to emotional well-being or emotional resilience

• Strong awareness of patient background may be beneficial in suiting complementary therapies to patient requirements (e.g. Consideration of spiritual beliefs)

• Further attempts to normalize terminology (particularly in relation to the talking therapies) may be beneficial in increasing patient understanding and therefore use of these options
LITERATURE REVIEW
Which databases

• Meeting with practising librarian for advice

• EBSCOhost
  – Academic Search Ultimate
  – CINAHL
  – MEDLINE Complete
  – PsychARTICLES

• EMBASE
Search...

• Use database dictionary and thesaurus for key search terms and synonyms for an initial wide scoping search in 3 phases:

  • Cancer + 
  • Therapy +
  • Emotional well-being OR Depression OR Anxiety

• Search results combined and de-duplicated

• Filtered for English language, adults only, within the last 15 years, pre- & post measurements included
Results: Title and Abstract sift

- 60 articles

- Title and abstract sift evaluated against pre-defined criteria for inclusion
  - 16 articles eligible for full text review and data extraction
  - Citation search produced further five articles
  - 1 article excluded: primer for running a study

- 20 articles eligible for full text review
Analysis

• Two stages:
  - Application of CONSORT checklist for Non-Pharmacological Trials
  - Data extraction for study characteristics

• Use of pre- and post treatment measurement data to calculate effect sizes to enable cross-study evaluations
Key Findings (1)

• A mixture of study designs, with randomised controlled trials providing the best quality design to isolate effects due to interventions

• Author evaluation that small to null effects is the appropriate summary of intervention effects

• Interventions of Yoga, Qigong and relaxation all appear to yield small effects
Key findings (2)

- Emotional well-being as a concept is nested within the construct of ‘Quality of Life’ for measurement purposes in research.

- Predominantly, trials were run as a group-based design.

- As with charity sector review, many studies investigated two outcomes: an intervention could affect multiple outcomes.
Limitations of Literature Review

• Search method truncated due to size of initial returns and time-bounded nature of project in the following ways:
  - EBSCOhost database only
  - Emotional well-being only – emotional resilience search term not conducted
  - Citation search for first round of full text review documents only

• Formal synthesis of two sections is contained within Business Report Recommendations
Recommendations

• Extend interventions / therapies to include carers / supporting individuals of clients
• Explore group-based interventions as modeled by research papers
• Explore measurement indices for use with clients to be able to measure efficacy of interventions for emotional well-being offered by The Landuu Company
• Explore local businesses for other practitioners and potential for supporting extensions to any provision
Side note:

- 2 hours of practice / week with NHS entitles a practitioner access to peer-reviewed articles through NHS subscriptions to journals

- A cancer charity recently spoke on the Today programme, Radio 4, about re-framing cancer as a chronic lifelong condition, rather than a disease against which to battle, fight and survive

- Palliative care, normally associated with end-of-life treatment, is slowly changing to become an option for treatment at earlier stages of disease