

Emotional Well- being for Patients with Chronic Illness

Emma Mills & Helen Millward for The Landuu Company

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