

Necessities Psycho Educative in Main Caretakers of Patient with Head Cancer and Neck

Laura Mayara Proenza González^{1*}, Dr. Águedo Medardo Treto González², Dr. Silvia J. González Arias³, Dr. Yakelín Luna Carvajal⁴, MSc. Jesús Cuéllar Álvarez⁵

^{1*}Psychologist, Departamento de Psicología, Central University Central “Marta Abreu” of the Villas, Cuba.

²Assisting professor, Hospital Oncological University student “Celestino Hernández Robau”, Santa Clara, Cuba.

^{3,4}Licenciante, Central University “Marta Abreu” of the Villas, Cuba.

⁵Clinical health psychologist. Polyclinic “José Ramón León Acosta”, Cuba.

jesusca@infomed.sld.cu

**Corresponding Author:* Laura Mayara Proenza González, Carretera Camajuaní University, Santa Clara, Cuba.

Abstract

Background: the cancer constitutes a problem of health with a high repercussion, not alone in the physical order, but also psychological and social.

Objective: to identify the necessities psycho educative in main caretakers of patient with head cancer and neck.

Material and Methods: a descriptive, cross-sectional study was conducted in a health area, where from a population of 30 main caretakers and 15 professionals. Empirical and statistical methods retest interview and test de Friedman y Wilcoxon.

Results: it was obtained that, among the necessities psycho educative of more relevance that the main caretakers possess, from their perspective and that of the specialists of the service, they are: knowledge of the illness and the abilities for the care.

Conclusions: was reflected the necessity to make actions psycho educative that contribute to the preparation of people that assume the care of patient with head cancer and neck, to propitiate forms more than confrontation.

Keywords: Head cancer and neck; main caretaker; necessities psycho educative.

ABBREVIATIONS: Head cancer and neck (CCC).

INTRODUCTION

The cancer in Cuba constitutes the first cause of death for all the groups of ages, preceding to the cardiovascular illnesses. Every year they die more than 700 people for this illness type, with a bigger incidence in the center and the occident of the country.¹

The head cancer and neck (CCC), it is characterized by lesions that they are located in the breasts, (tonsil, soft palate, base of the language), larynx, oral cavity, language and salivary glands; being excluded of this classification the tumors of the skin, cerebral and thyroid. They represent 5% of all the tumors that are

diagnosed in Cuba and the rest of the world, prevailing in the male sex.^{2,3}

This neoplasias type is one of the tumors whose incidence more it has grown, due to the increment of the consumption of tobacco and alcohol; where it is recognized that the distribution for sexes is four to one for the males, with a late appearance after the fifth decade of life.^{2,4,5}

It is recognized as curable if it is detected precociously and it is carried out an efficient treatment and with a positive answer of the patient's organism, either to the surgery, the chemotherapy, the immunotherapy or the radiotherapy.^{2,3,5,6}

The main caretaker, being that person with a relationship bond or proximity that it assumes the responsibility of the care of a to be dear that lives with a chronic illness, that is to say, assuming the responsibility in the attention, support and cares newspapers, accompanying him most of the time, needs tools for the confrontation before the task of taking care.⁷

At present, there are insufficiencies in community care work to address the problem of head cancer and neck, which led to the present study aimed at solving the following scientific problem:

How identify the necessities psycho educative in main caretakers of patient with head cancer and neck? The general objective is to identify the necessities psycho educative in main caretakers of patient with head cancer and neck.

MATERIAL AND METHODS

A descriptive, cross-sectional study was carried out in a health area, belonging to the “Celestino Hernández Robau” hospital of Santa Clara municipality, in the period from October 2018 to March 2019. It was constituted by 30 main caretakers and 15 professionals, and the simple random sampling without replenishment probabilistic technique was used for the sample selection.

Methods of the Theoretical Level

Synthetic Analytical

It made possible the interpretation of each one of the studied texts, to conform the criterion assumed in the epigraphs and paragraphs, as well as to particularize in the data obtained in the surveys to integrate them and to establish the corresponding generalizations.

Inductive-Deductive

It facilitated going from the particular to the general in each of the analyzes carried out in the theoretical study and in the processing of the obtained information.

Generalization

It allowed the establishment of the regularities that were revealed in the study carried out.

Methods of the Empiric Level

Individual Clinical Histories

It made it possible to provide information on various personal aspects.

For the main caretakers of patient:

Inclusion Approaches

- The patient's main caretaker with diagnostic of head cancer and neck.
- That they reside in the health area belonging to a health area and are dispensed.
- Give consent to participate in the investigation.

Exclusion Approaches

- Main caretakers that were not capable physical and/or mentally
- Do not give consent to participate in the investigation.

For the Professionals

Inclusion Approaches

- That offered their informed consent to participate in the investigation.
- That is linked to the Service of Head and Neck of the University Hospital “Celestino Hernández Robau.”
- Informants that have as minimum 3 years of professional experience with the oncological patient.
- Expert informants with more than 15 years of professional experience.

Exclusion Approaches

- That didn't offer their informed consent.
- That they didn't want to continue in the investigation.

For the diagnosis of necessities psycho educative a questionnaire was used that was analyzed in a quantitative way keeping in mind the absolute frequencies and the percentage of the following indicators:

The following indicators were used from the data obtained: Knowledge on the illness: factors of risk, diagnostic and presage, and treatment and abilities for the care: experience in the care, the patient's habits, confrontation to the pain and emotional support.

STATISTICAL ANALYSIS

The information was stored in a data file in SPSS version 21.0 and is presented in tables and statistical graphs, for the description the arithmetic mean, standard deviation, absolute frequencies and percent were calculated. In the analysis we used a comparison test of two proportions and a comparison of means for independent samples through Epidat 4.2. We worked with levels of significance of 5%.

RESULTS

Table 1. *Necessities psycho educative outlined by main caretakers and specialists.*

<i>Necessities Psycho educative</i>	<i>Main caretaker (%)</i>	<i>Professional (%)</i>
<i>Knowledge of the different watering factors.</i>	100	100
<i>Characteristic of the illness.</i>	93,3	80
<i>Knowledge on the treatment.</i>	83,3	93,3
<i>Orientation for the handling of the nutrition habits and hygiene and dream.</i>	100	80
<i>Strategies for the emotional support.</i>	100	100
<i>I manage from the confrontation to the pain.</i>	70	73,3

Source: *Investigation questionnaire*

From the identification of the main factors of risk for the CCC, almost the total of the caretakers recognized the presence of toxic habits in the sick relative, with a prevalence of those that consume tobacco (83,3%), followed by the alcoholism (56,7%), and of those that have been exposed continually to solar radiations (53,3%).

On the other hand, 93,3% outlined that they alerted its relative of the noxious consequences of the sick person’s behaviors, constituting a significant result that demonstrates as the caretakers recognizes a group of behaviors that are considered risk for the health of its relatives and they are able to alert on the effects of the same ones. Also refers the necessity to enlarge the information on the different factors of risk and their influence in the health, in particular in the cancer of CCC.

93,3% of the caretakers outlined that they possess knowledge about the patient’s diagnosis and they wanted to deepen about the characteristics of the illness and specifically the CCC, as well as the evolution and possibilities of life. While 66,7% has knowledge in connection with the presage of the illness.

86,3% considered that the information that possess in the aspects related with the illness obtained it through

PROCESS

To begin the development of the research, a bibliographic review was made with the use of the database by Pubmed of the subject with a thorough analysis of the most relevant aspects in the Cuban environment as well as at an international level.

COLLECTION OF INFORMATION

In order to carry out the research, the documentary review and Investigation questionnaire were used as techniques in order to obtain extended information.

the professionals. Likewise, most of these caretakers, for 96,7% attributed importance to the knowledge of the diagnosis and they value as appropriate and necessary the communication with the professional, when considering significant being listened.

To the entirety of the caretakers they had been communicated the selected treatment, and 69,7% ignores which the characteristics of the therapeutic process are, however, alone 16,6% was able to name in a general way some peculiarities of the same one. 83,3% of the caretakers considered necessary to receive information on the support to the sick person during the medical treatment.

Having like reference the abilities for the care, more than half of the caretakers (56,7%) they referred that they possess experience in the care of a chronic patient, while 63,3% receives another person’s help for the task from taking care.

60% of the caretakers expressed that they were informed about the habits of hygiene and dream, while alone 33,3% recognizes in a general way which these hygienic measures are to keep in mind during the sick person’s care. 86,7% considered a necessity the acquisition of abilities in this sense.

Although 96.7% of the main caretakers offered importance to the emotional, alone support 20% of the sample manifested that has received preparation with regard to this topic and 70% it recognizes how to offer it, although it doesn't include the necessary aspects in this sense.

Inside the factors of risk, was granted bigger significance to the alcoholism and the tobacco like cause of the appearance of the CCC (100%), continued by the exhibition to radiations, the contact with polluting substances and the faulty buccal hygiene (60%). It becomes necessary to highlight the limited reference to the promiscuity like factor of risk in the head cancer and neck, while they consider a necessity that is deepened in this sense.

With regard to the information of the diagnosis, 80% of the professionals outlined that they communicate it as much to the patient as to its caretaker, and they offered importance to the appropriate communication among them; likewise, they highlighted the necessity to guide about the characteristics from the illness to the sick relative's caretaker.

On the other hand, 80% of the professionals coincided in considering the necessity that the caretakers get ready on the hygienic and nutritional habits in this suffering and 73,3% it outlines the importance of preparing them about the confrontation to the pain, privileging the search of help professional as first option. All consider necessary the preparation to offer emotional support to the sick relative.

DISCUSSION

In a general way, as for the data socio demographic, most of the investigated patients were mature means, existing few youths inside the sample. The married or accompanied fellows prevailed, being in their majority of the female sex. Most maintains labor bond at the moment.

It constituted a highly significant result that almost half of the caretakers the (43,3%) they don't cohabit with the patients, that which becomes in a problem, because the caretaker is the person in charge of the attention and care of the health of a sick person in a habitual and daily way, dedicating him time, dedication and efforts.⁸

Consent existed in the identification of necessities psychoeducative for main caretakers and professionals of the Service of CCC, with independence of the small variations of frequency when being valued by each one of them.

CONCLUSION

It is demonstrated, therefore, the importance of considering these elements in the integral attention that is offered to this type of patient, for what would be convenient to continue investigating in this investigation line starting from a more numerous sample that the employee in this study. Is also reflected the necessity to make actions psycho educative that contribute to the preparation of people that assume the care of patient with head cancer and neck, to propitiate forms more confrontation.

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