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Psycho-oncology: A psychosocial support and intervention model

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Nowadays, we face a world with a technologic environment changing and advancing constantly, which, in the oncologic scope, implies more advanced investigations and therapies, observing a constant evolution in the management and symptomatic control of the oncologic illness. This scenario implies a higher frequency of patients who suffer its consequences within a short, medium or long time limit, involving permanent adaptation processes. It was already by the mid of the past century that the psycho-oncology subspecialty arises so as to ameliorate the psychosocial adjustment, the oncologic person has to suffer from its multiple effects. Cancer illness considers an impact that transcends not only physical shock but also an emotional process, considering the person as a whole, with personal, familiar and environmental aspects, allowing us to see this illness from a biopsychosocial view. An affective climate is generated creating a complex questioning and deep changes in the various contexts where the patient is set in. The fact of losing what is most important as health, with all its consequences, the person experiences the oncologic mourning. Is this the way how the patient confronts the disease and his/her environment? The distress experience within the process of this illness can bring out negative effects for the patient's health and quality of life. Moreover, the developing of psychiatric disorders is more frequent in oncologic patients than in patients who do not suffer this illness. The major vulnerability of the oncology patients to develop a psychiatric disease is an important issue the medical staff has to take into account, so they require special care and be aware of this patient's emotional needs. In the present article, an interventional model is presented and supported by the emotional aspects studied in the oncologic patient. Relevant aspects are presented and developed the patient's general evaluation, an emotional support structure and the required interventions to fulfill the aims of it.

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Nutritional status of women of reproductive age in a selected char of Rangpur district

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An observational cross-sectional study was carried out at Rangpur district in Bangladesh to assess nutritional status of reproductive aged women residing in char area with a sample size 200. Face to face interview was carried out with the semi-structured questionnaire. Convenient sampling technique was used to collect data on the basis of inclusion and exclusion criteria and written consent was taken prior to interview. Nutritional status was determined according to BMI cut off value for Asian population. Descriptive as well as inferential statistics were used to present data. Mean \pm SD age of respondents was 34.27 \pm 8.60. More than half (67%) of the respondents were illiterate and housewife (84%). Mean \pm SD income of respondents was 5700.71 \pm 282.89 per month. Underweight, normal and overweight were 67%, 30% and 3% respectively. Most respondents took rice 2-3 times/day. Vegetables and soybean were taken randomly. Lentil was taken daily. Arthritis, headache, skin disease was more common. Statistical significant association was found between nutritional status and age group ($p<0.05$), education ($p<0.05$), occupation ($p<0.05$) and monthly income ($p\leq 0.05$). Half of the respondents suffered from underweight and most of them income was very low. Income generating capacity should be increased as well as effective nutrition education programme must be instituted.

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