

# PSYCHOSOCIAL CARE FOR PATIENTS WITH LUNG CANCER

Taking good care of emotion is as important as taking good care of physical condition



Health Promotion Administration,  
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Have you ever wondered what cancer patients need in addition to anticancer treatment?

For cancer patients, relatives, friends and family members, if there are no supportive resources, it would be very difficult for them to cope with impacts related to cancer; or even influence the prognosis.

※Researches showed that about 47% of patients with lung cancer at different stages were noted to have emotional distress, such as depression, anxiety...etc).

## How is my mood now?

**★When should I seek help from a mental health professional?**

**★Self-care for emotional distress**

For cancer patients and their family when the bad news revealed, the fear and overwhelming that followed, what should they do and atarsis? From the fear of cancer diagnosis, to the painful torture of various kinds of treatments, to the joy of surviving from cancer, and fear of cancer recurrence; the emotion of the cancer journey is like the change of four seasons. However, the emotional distress of cancer patients are often overlooked. Hope that with the company and guidance of mental health professionals, cancer patients and their families can take good care of their mental health, and be able to have smiles and good days again.



Xiaomei is a 34-year-old female office lady with two children in elementary school. A family of four leads a simple and ordinary life. She accidentally found shadows in her lungs during a health check. After further examination, she was diagnosed with stage II lung cancer. Since she has no knowledge about lung cancer before, she was quite panic and did not know what to do. She worried about her children, because when she is undergoing treatment, then no one can take care of them. After the diagnosis was confirmed, she has had trouble of sleep, and she always thinks about "I don't smoke, and I also pay attention to healthy way of life and diet. Why me? It's really hard to accept the fact that I have lung cancer."

"Why this happened? Why me?" This is the emotional response that almost everyone feels when they are diagnosed with cancer. It takes some time to adjust. Let us listen to what the expert says.  
[Listening](#) or scan QR Code.



After treatment, Xiaomei was still in fear of cancer recurrence. As long as her breathing was uncomfortable or she was weak, she suspected that her cancer came back.

How to face the fear of cancer recurrence, there are some tips to help us be calm.  
Let's listen to the expert's advice  
[Listening](#) or scan QR Code.





Later, Xiaomei felt pain over right chest wall intermittently, and she suffered shortness of breath badly. After examination, she was found that her lung cancer had recurred, and it was stage IV. She feels it might be the end of her life and it is the end of the world.

Knowing that cancer recurred and it's stage IV, anyone should be very anxious. Let's listen to the advice of experts.

[Listening](#) or scan QR Code.



The doctor suggested several treatment options for Xiaomei, but these new treatments are not covered by insurance and are quite expensive. Although her family support Xiaomei, but she does not want to cause a financial burden on her family now and in the future. Yet the self-paid treatment seemed to have better outcome. She is in the dilemma...

The choice of self-financed treatment is in a dilemma, let us listen to expert advice

[Listening](#) or scan QR Code.



Some of patients with lung cancer, feel that their physical condition is not as good as before and suffer from shortness of breath which might be related to lung damage after having cancer. Any kind of cancer treatment is a long journey and it is very important to have the company and support from others, and sometimes patients need professional mental health team members to provide psychological counseling and support.

If you need psychological consultation, please contact  
<https://reurl.cc/MdEypL>

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# 【Map of Mental Adjustment to Cancer】

is a direction for you to be mentally prepared to take care of yourself at all stages

1

## ★Cancer Screening

- Commitment to take good care of the physical condition
- Regular screening and follow up

Compass: At this time, you may escape because of fear. We have to take courage to return to the clinic.

This is your responsibility of taking care of your own body.

3

## ★Treatment

- Feeling anxious or depressed, sometimes apprehensive
- Feeling like "it never ends"
- Worrying that the treatment outcome might not be good
- Worrying that being a burden to families

Compass: For many patients their lives changed due to treatment, so emotionally unstable are not rare.

Worrying about the outcome of treatment is common.

You may develop skills for taking care emotional distress.

(Such as: doing exercise regularly, do what you like to do regularly, counseling with mental health professionals regularly)

5

## ★Advance stage

- Feel meaningless about life and worthless
- Thinking about death repeatedly
- Thinking about loss of autonomy/dependence and end-of-life issues

Compass: Thinking about living and dying/death is common at this stage. To explore the spirituality, meaning and mortality should not be a taboo. Encourages communication with medical team and to collaborate with palliative care team.

4

## ★In remission and Follow up

- If there are some symptoms, you will be alert to whether it has recurred
- Feelings of losing meaning in life, edginess
- depressed and feeling of meaninglessness

Compass: You need to find the focus of life again and monitor your emotional adjustment. If necessary, seek help from a mental health professional.

2

## ★Initial diagnosis

- Feel shocked, afraid and helpless
- Eager to figure out why you got cancer
- Feel anxious and depressed

Compass: At this time, it's quite distressful, so don't rush to attribute why you got cancer.

To focus on choosing a medical team you trust. If you are emotionally difficult to adjust, you should find a professional to clarify the current emotional state.

START

