Abstract

Title : **Care Intervention Guide for Holistic Needs and Coping Strategies of Cancer Patients**

Author: **Arvin M. Baes, MAN, RN**

This study was conducted to assess the holistic needs of cancer patients in terms of physiological, psychological, social and spiritual needs and to determine how they respond through coping. It was conducted from January-April 2018 from various hospitals in Laguna with 20 respondents. It utilized a survey descriptive type of research, a checklist type of questionnaire and purposive sampling in selecting the respondents. It was found out that in terms of physiological needs, fatigue is the most common symptoms they experienced. In terms of psychological, social and spiritual needs, most of the patients experienced a significant concern. Meanwhile, in coping, religion dominates among the 14 strategies followed by Use of Emotional Support and Positive Reframing, and, Substance Use obtained the lowest response. Most of the respondents were female and its significant relationship in terms of Positive Reframing agrees significantly. In coping and civil status, Positive Reframing and Humor are significant among married respondents. In coping and stage of cancer, “Positive Reframing” and “Humor” are significant with the stage of cancer. In coping and treatment modalities, Active Coping, Use of Emotional Support and Religion are significantly related to patients’ treatment modalities. There is also a significant relationship between Active Coping and Physiological Needs; Religion and Psychological Needs, and, Self-blaming and Psychological, Social and Spiritual Needs. Thus, it is concluded that holistic needs and coping are essential to each other to meet the wholeness of cancer patients. A formulated care intervention program would be beneficial among this group of patients.

Keywords: Cancer, coping, coping strategies, holistic needs