

Workshops

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WORKLOAD ISSUES IN CANCER NURSING

B. Dicks

The Royal Marsden NHS Trust, London, U.K.

The growing demand for health care has meant that health care systems are now under increasing pressure to ensure the provision of 'value for money' health services. As health service managers look for cash releasing efficiencies so must nurse managers ensure that the nursing workforce is configured in such a way as to maximise efficiency and cost effectiveness whilst maintaining quality and a progressive approach to nursing practice. The workshop will consider some of the workload issues confronting cancer nurses by focusing on:

- the cost effectiveness of cancer nursing
- the development of oncology specific patient dependency categories
- factors affecting the nature and perception of workload.

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PATIENT EDUCATION

G. Grahn, A. Magnusson

Care Research Unit, PO Box 5116, S-22005 Lund, Sweden

The quality of life, when living with cancer, has become an issue of increased concern to health care professionals, and rehabilitation in terms of assisting cancer patients to achieve an optimal functioning is more frequently considered today.

In general, rehabilitation programmes focus on physical issues. It should, however, as stated be a process by which individuals are assisted within their context to achieve physical as well as psychological, social and spiritual functioning at an optimal level.

Education for patients and their significant others is one intervention in cancer care which aids the rehabilitation process. Cancer patients want to understand the current situation and planned purposeful education provides people with means, which enhance their understanding and facilitate their active participation in the rehabilitation process.

During the workshop programme "*Learning to live with cancer*", it will be demonstrated and discussed. It has given evidence that education supports efforts to cope with emotional and psychological demands and supports efforts to function as normally as possible despite restrictions imposed by the disease and its treatment.

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HOW TO READ NURSING RESEARCH

S. Faithfull

CRC Research Fellow Centre for Cancer and Palliative Care Studies, Institute of Cancer Research, Sutton, U.K.

The need to read and critique research findings is becoming increasingly important in cancer nursing. In the past many nurses felt that research was academic and had little relevance to the reality of clinical practice. This is now changing, with new interventions and health care systems, forcing nurses to keep up to date with innovations in practice. Research awareness is the new buzz word but many are puzzled by the language and intricacies of research papers. What do we select to read? How do we judge what is good, relevant and useful for practice? This workshop presents a forum for exploring these issues so that nurses can feel more positive about nursing research. By being able to read critically it is possible not only to develop understanding but also to consider ways in which research findings may be applied to improve your practice.

1300

SUFFERING: A HEALTH CARE PROFESSIONALS PERSPECTIVE

E. Botten

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What is suffering? How can we relieve suffering? Suffering is many-sided; it can be of different natures, such as physical, social, psychological and spiritual. Suffering is somewhat abstract, something we cannot directly point at. Suffering is the part of the existence of human being that society won't acknowledge. As health care professionals we are not really dealing with suffering. The education of both doctors and nurses are focused on curation, looking at diseases as objects treated medically. The patient is left alone to deal with his suffering, his anxiety, the worries about the future, the fear of death and the isolation. Patients have described this as being in "no man's-land", in the existence between life and death. They feel like none-persons in their lives; they are not naturally included at work, at home or at the ward any more, and they are not yet dead. As health care professionals we have a big challenge within this "no mans-land" between life and death. What have we learned about pain and anxiety, the meaning of life, the feeling of guilt, something to hold on to, to believe in, how to pray? Do we have the will and courage to talk about the pain of life and the questions touching hope? How do we venture to meet and manage to relieve suffering? These are questions that we are going to discuss, and may find answers to during this workshop.