

WEDNESDAY 15 SEPTEMBER 1999

Interactive Sessions

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Therapeutic communications

Anne Lanceley. *Centre for Cancer and Palliative Care Studies, London, United Kingdom*

Purpose: This interactive session has three aims. The first is to explore the theoretical base for nurses' therapeutic communications. The second is to show interactively how nurses' communication works as a response to patients' concerns and distress. Thirdly to explore the difficulties surrounding nurses' communication in clinical practice.

Methods: The aims will be addressed in the following ways.

Delegates will be invited to consider therapeutic communication as one element of cancer nursing as therapy. A theoretical base for nurses' communications will be examined. In small groups, delegates will explore the therapeutic opportunities in their own work. An overview of research literature will provide an adjunct to this practice-based understanding.

A recording of a nurse-patient conversation will be used to demonstrate the consensual nature of communications with people with cancer. Delegates perspectives on the conversation will be sought and the difficulties facing both the person with cancer and the nurse debated.

The tape will also be used to illuminate the broader difficulties and challenges for cancer nurses who are face-to-face with uncertainty and distress on a daily basis. Bion's idea of 'container/contained' is presented as one way of understanding cancer nurses' therapeutic role.

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Advances in pain management require new nursing skills

P.J.W. Vogelaar, B.J.P. Crul. *Department of Anesthesiology, Pain Centre, University Hospital Nijmegen, Nijmegen, Netherlands*

Pain involves a complex interaction between physical, psychological, social and spiritual human dimensions. The nurse must have a broad understanding and knowledge of pain and pain management in order to assess patient's pain and therapeutic possibilities. She needs adequate nursing and technical skills in order to fulfill her supportive and executive role in both pharmacological and complementary analgesic techniques. The nurse is also required to monitor the effectiveness of pain management in patient care.

Recent developments in parenteral drug administration require new skills of nurses. When administration of analgesic drugs is changed from an oral, rectal or transcutaneous route to intravenous, subcutaneous or spinal route, nurses must be prepared to give adequate care. In the workshop nursing interventions such as pain assessment, criteria for parenteral pain control, patient education, technical care, family support, assessment of the effectiveness of the technique, as well as the organization and coordination of care will be discussed.

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Extravasation bei intravenöser Chemotherapie anhand von Pflegestandards

E. Wimmer. *Robert-Bosch-Hospital, Germany*

In this interactive session we will look at the care standards from different nations, exchanging our know how and experiences.

We will discuss the risks of damaging the tissue through the different cytotoxic agents and factors who rise the risk of damaging.

In small groups we talk about the care standards of extravasation and at the end, we will present the results in the plenum.

The purpose of this interactive session is to notice the danger of extravasation and take professional care of patient, with cytotoxic agents.

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New perspectives on fatigue

E. Ream. *King's College London, United Kingdom*

Background: Fatigue – the symptom experienced by most patients with cancer.

Fatigue – the symptom which affects patients physically, mentally, emotionally and spiritually.

Fatigue – the symptom that many patients with cancer find relentless.

Fatigue – the symptom most commonly voiced by patients as taking away their quality of life.

Fatigue – the symptom which can prove difficult to manage.

This workshop will explore the multidimensional nature of fatigue, and provide nurses with guidance to assist them in alleviating this difficult symptom.

The aims of this workshop: Discuss the changing manifestations and meanings of fatigue at different stages of the patients' cancer journey.

Review the current interventions advocated for its relief.

Consider the resources available to inform patients and their families about this symptom.

Discuss steps for overcoming the challenges of teaching patients about fatigue.

The goal of this workshop: To inform nurses and other healthcare professionals of realistic and effective evidence-based interventions for the relief of fatigue which can enable patients to live their lives to a greater potential.