

## Calm Therapy in Managing Cancer Treatment

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### DESCRIPTION

Concerning the end of life, researchers in various countries are working to define and study the concept of good death in recent years [1]. In Japan too, the concept of good death for Japanese has been discussed and "being calm/being free from psychological distress" was specified as the most important. These studies, however, did not describe what the condition of being calm is among patients in the end of life. From this background, we study calmness in cancer patients at the end of life.

In this study, an interview was conducted with ten end-of-life cancer patients who participated in the study and the data was qualitatively analyzed. From the results, we clarified how end-of-life cancer patients recognized calmness, when they achieved it, and how they maintained it, and identified elements of calmness recognized by these patients.

As a result of the analysis, six categories and twenty subcategories were extracted as calmness elements. We considered the relation among these elements and summarized.

Cancer has been the leading cause of death in Japan since 1981, accounting for about one third of all deaths. In this circumstance, better care for cancer patients at the end of life has been continuously discussed in Japan. In this study, an interview was conducted with ten end-of-life cancer patients who participated in the study and the data was qualitatively analyzed. Therefore, calmness is an important viewpoint to improve the end of life care [2].

The process through which a cancer patient recognizes calmness for the end of life includes conditions of a patient seeking calmness of mind]. Patients feel calm when they accept their medical treatments in [an environment that forms a foundation for calmness of mind and when they have experiences that a patient recognizes to be calmness of mind. It is considered that cancer patients at the end of life were able to recognize calmness of mind when they had a modest experience in daily life and their needs were met in an environment where they are able to continue to receive palliative care [2].

However, because their pain did not completely go away and experienced unstable mind due to pain caused by the end-of-life stage cancer, their calmness always involved conditions that shake calmness of mind. It is considered that patients are continuously recognize calmness of mind by coping to maintain calmness of mind inside, making their mind balanced, and holding the upsetting emotions.

Among six experiences categorized into experiences that a patient recognizes to be calmness of mind,] some patients had one experience and other patients had multiple experiences concurrently. By recognizing calmness of mind and recovering their composure, the patients saw positive change; changes in recognition due to calmness of mind.

Furthermore, calmness recognized by these patients highly depends on the presence or absence of the family, or significant other [3-6].

In addition, recognition of calmness may be related to personal factors of each patient and cultural background of each country or region, and elements contributing to calmness of mind identified in this study can be useful to know movement of their feelings.

Therefore, calmness is an important viewpoint to improve the end of life care. There still investigations are going on important concept of calmness from a multi-angled view and its care.

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