



MENTAL-EMOTIONAL DISORDERS IN PATIENTS WITH ONCOLOGICAL DISEASES

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ANNOTATION

According to the World Health Organization (WHO), cancer is one of the major causes of death worldwide and the number of deaths from the disease is increasing year by year.

Cancer brings physical, emotional and social challenges to patients. The high levels of depression, anxiety and suffering associated with this pathology are leading to psychological and emotional problems in cancer sufferers and their families.

KEYWORDS: tumor, mental hangover, narcotic analgesic, medical psychologist, depressive syndrome, emotional state, reactive neurosis and psychosis, ocularization, delirium, chemical therapy, light therapy, psycho-oncologist, pseudovrach.

DISCUSSION

It is known that a patient with a malignant tumor is detected, as far as possible, should be aware of the presence of this disease in it. How does the doctor behave in such situations. Usually, it is said that "you really have a tumor detected, but it is safe, that is, it does not risk your life, it can be treated." But the doctor should tell his relatives that the patient has a dangerous type of tumor. The fact is that sooner or later the patient will learn about his illness from relatives, or not, he will notice from the behavior of doctors, from the communication he has with the patient. Here, especially nurses should be very careful. Because the patient sometimes tries to find out the truth from the nurses by deceiving them, and it turns out that this is also true. A patient who knows that he has a dangerous ill can commit suicide. Sometimes the patient leaves a letter to a loved one and there also indicates from whom he knows the secret. In some cases, the patient learns his illness from the patients. Therefore, doctors should not tell a second patient about the illness of another patient. A patient who knows the secret may have severe resistance to treatment, abandon treatment and leave the hospital or cause a great deal of distress in the treatment business.

As a rule, in a patient with a secret, initially a mental hangover occurs, this message is received as

a judgment, which he issued about death. It remains to know what he will do, the dreamer will make different plans, he will not be able to make a clear decision, the doctors will think that I was not mistaken, ask for a re-examination. Consultation with other specialists or other medical centers requires consultation from a loved one.

From the diagnostic and therapeutic methods used, the patient can also learn about their type of disease. For example, many people know that the method of light therapy is often used in malignant tumors or prescribe narcotic analgesics to relieve pain, weight loss is typical for cancer.

This means that keeping a secret in oncology is a very difficult task, but it is necessary to strive to get out of it and after the patient has learned the secret, the doctor should also think about how to behave. As a rule, patients with cirrhosis develop reactive neurosis or reactive psychosis. Here, of course, you will need the help of a psychologist and it is necessary to use it more efficiently. In general, in the scientific centers of oncology, workplaces for psychologists should be allocated. In almost all developed countries, medical psychologists operate in medical institutions. Talking with a medical psychologist before any treatment of patients increases their self-confidence, their desire to live.



In oncological diseases, reactive states are manifested, first of all, with the development of a restless – depressive syndrome. Sometimes the patient appears completely indifferent to his illness and can reach the level of complete denial of the conclusions of doctors. If the operations performed on the patient are successful, the symptoms of reactive neurosis and psychosis begin to decline on their own.

If the disease worsens the patient's condition by taking the outbreak, mental disorders can develop, various hallucinations and delirions. They are most often observed in patients with advanced cachexia and can manifest as acute manifestations, as well as with remission.

It is necessary to decide on an individual basis to give information about the disease to patients with identified dangerous diseases. The should take into account the age of the patient, the role he holds in the family and society. Of course, before the patient is given information about his illness, his type, it is necessary to consult with his close family members. If the family members are against this, it is better not to open the secret.

The doctor should approve his opinion if the patient, who heard the message, denies the information that "I do not have cancer, I do not believe". Only in fate, when a malignant tumor is detected as a result of all Examinations, it can be told to the relatives of the patient. Because, a mistake in the diagnosis of oncological diseases can lead to severe complications. Unfortunately, the diagnosis of " malignant tumor " is encountered in medical practice, when it turned out to be safe in recent examinations. Sometimes an error is also made in histological examinations. This means that inspections must be carried out with extreme accuracy.

There are also disadvantages to not informing the patient about the disease. For example, it is necessary to inform the parents of a planned young man or girl about the illness of her child in the near future, following all the laws of deontology and ethics. Unaware that the disease is serious, the patient may not come to treatment at the indicated time and may not take the necessary medications on time, or may go on long trips, taking harmful physiotherapeutic procedures. It is also necessary to remember that in those professions that make money to work with this disease, that is, there are dangerous situations for the life of the pilot, train driver, driver and the like himself and others. There are a lot of such situations and they need to be taken into account by the doctor.

After the patient is informed about the disease, it is necessary to give detailed information about the benefits of its treatment. The doctor is very skillful, it is necessary to conduct a conversation with the patient, having correctly selected each sentence.

It is also beneficial to give examples of patients who have been treated with this disease and have observed good results.

After diagnosis, patients usually observe strong emotional responses, which include sadness, anger, anxiety, a feeling of weakness, depression, etc., after the first moment of the shock. Therefore, the doctor's work will be aimed at mitigating the emotional impact that cancer can have on the future, providing emotional support and coping strategies for the patient and their family members to cope with the disease.

A qualified doctor is able to find a language even with extremely difficult oncological patients, using reliable psychological methods, and can absorb into them his opinion. And the opinion of the patient is aimed at fulfilling the recommendations of the doctor, there are many patients who do not abandon the recommendations of the doctor and live with hope for life, even until the last days of their life, when the condition is aggravated. To achieve such co-existence with the patient, the oncologist must be an extremely skillful psychologist.

Treatment of cancer with surgery, chemical therapy, light therapy has aggressive, painful, irritating and finite effects. Psychological help, therefore, can help to manage pain and relieve emotional tension, help the patient to adhere to medical treatment.

In oncological hospitals, psychological help consists not only of a psychological interview, but also it is necessary to take advantage of all the opportunities that distract the mind of the patient.

The intervention of a psycho-oncologist at the stage of cancer remission is based on facilitating the expression of fears and anxieties, both for the patient and for their relatives, due to uncertainty and the risk of relapse of the disease. For a psychologist, it is important to gradually return to normal, to strengthen psycho-therapeutic communication, to eliminate emotional disorders and to provide the necessary psychological means.

Carrying out various activities also reduces psychological tension. It is also useful to conduct psychological conversations, organize meetings with famous doctors, while breaking down a number of patients. As already mentioned above, it is necessary to provide psychological support not only to the patient himself, but also to his close family members. If psychologists and oncologists do not deal with them, patients and their loved ones lose valuable time to other treatments, which are extremely necessary for proper treatment, referring to physicians and pseudo-doctors who promise to "completely get rid of cancer."

It should not be forgotten that not yet developed cocaine or drugs that completely rid the body of cancer. However, supporting modern methods of treatment, the patient can completely get



rid of malignant tumors, as in the initial stage. It is necessary to conduct explanatory work on it to patients and their relatives. It is also very important in hospitals to hang scientific-popular Wall gazettes about this, to prepare small-scale brochures.

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