



**ACADEMIC EXAMS**  
AT THE FACULTY OF MEDICINE OF THE UNIVERSITY OF LISBON  
INSTITUTE OF ADVANCED TRAINING

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**Masters:**

Palliative Care (4th Edition)

**Name of Student:**

Gonçalo João dos Reis Morins

**Subject of Thesis:**

Suffering and quality of life in patients with cancer in the HDES, E.P.E

**Date of Defence:**

13/05/2009

**Mark:**

Very Good, by Majority

**Jury:**

**President:** Professor António José Feliciano Barbosa (FMUL)

**Orientator:** Professor Manuel José Lopes (UE)

**Jury Members:** Professor Aida Mendes (ESEC)

UE – University of Évora

ESEC – Coimbra Higher School of Nursing



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**ABSTRACT**

The palliative cares pretend to improve the patients' quality of life, thru prevention and relief of the pain. Trough my professional experience with ontological patients several concerns came up, pretending with this work to find answers for them.

This work entitled "Pain and Quality of Life in cancer patients in HDES, E.P.E.", has as its goals to analyze the characteristics of Pain and Quality of Life in cancer patients hospitalized in the HDES, E.P.E. and that are getting chemotherapy in the same hospital, such as the relation existent between the dimensions, Pain and Quality of Life.

A study has been developed of a descriptive and correctional nature and the instruments of harvest were the questioner EORTC-QLQC30 and the Inventory of Subjective Experience of Pain in the Illness (IESSD). The sample is formed by 100 individuals equitably divided by two groups of study (i.e. hospitalized and in day hospital). The data were collected in the *Hospital do Divino Espírito Santo*, in Ponta Delgada, E.P.E., including the Day Ontological Hospital and Hospitalization Services where there were hospitalized ontological patients.

Of the obtained results it stands out that the cancer patients have a weak to moderate level of pain, where the most significant is the Social and Relational Pain; good levels of Operation/Quality of Life, except the Global State of Health/Quality of Life in the hospitalized patients. It was still noticed several relations between the dimensions Pain and Quality of Life, standing out that the lower is the Pain of the ontological patient, better is there level of Operation and Quality of Life and how less symptoms occur, namely, Fatigue, Pain, Dyspnoea, Insomnia and Loss of Appetite, lower is the pain and bigger are the Positive Pain Experiences.

**Keywords:** Pain; Quality of Life; Ontological Patient; Chemotherapy; Hospitalization