



ACADEMIC EXAMINATIONS
AT THE FACULTY OF MEDICINE OF THE UNIVERSITY OF LISBON
ADVANCED EDUCATION INSTITUTE

Master: Palliative Care (2nd Edition)

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Panel:

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SUMMARY

The present paper explores the «Impact in the main caregiver, from the cancer patient's palliative in-house care». It's an exploratory descriptive study, with a qualitative approach, in which was used as a data collector instrument a social demographic inquiry and a semi-structured interview applied to ten main cancer patient palliative caregivers, accompanied by the UAAD. For the data processing the content's analysis. technique was used, giving privilege to the categorical analysis, from which emerged nine thematic areas that range all the caring *continuum*. The same data was also analysed trough the *Stress process Model*.

The results reveal that in, in-house treatment, the caregivers tend to give care of instrumental and emotional type.

Care, has reveal itself as a stressful experience with repercussions both in the caregiver's physical and emotional health, as well as in an economical, professional, social and personal level. However, though they recognize these implications in their lives, they put the patient's care in first place, tending to undervalue their individual needs.

There have been identified as negative aspects of this life experience the presence of ill controlled symptoms in the patient as well as the disease's progression.

Nonetheless, several positive aspects were also identified, namely the health team's support and the community resources, as well as family and friends, having also stated that this was an opportunity for strengthening the bounds with the patient himself, contributing also to giving sense to their lives.

After the patient's death, although considering the loss to be very painful, they have analysed this experience, in respect to their performance, as being positive.

Keywords: Main caregiver; Palliative cancer patient; Impact in in-house care giving