

JOINT EVENT ON

20th Euro-Global Summit on**Cancer Therapy & Radiation Oncology**
and**2nd International Oncologist & Diagnostics Conference**

August 28-30, 2017 Brussels, Belgium

Interventions of anxiety and depression in cancer patients**Abdul Karim Suleman**

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Statement of the Problem: The feeling of fear, distress and uneasiness of an imminent endangerment is described as anxiety and in the setting of the proposed study, anxiety goes down to the principal feeling among patients undergoing various degree of cancer treatment. Depression is the level of symptoms which is manifested through tireless sensations of hopelessness, unhappiness, lack of concentration, lack of energy, and insomnia when a news like cancer hits an individual. It has been established that every cancer patient in his or her cancer journey or at some point will experience some degree of anxiety and depression during their treatment course and this extend even unto their families. After diagnosis have been made, there comes the phase of the emotional shock and disbelief as part of their emotional characteristics followed by anxiety. Breast cancer according is one of the most feared diseases among women and it could induce the development of psychological disorders like anxiety and depression. Majority of breast cancer patients undergoing treatment at the study site are not comfortable with the trends in the treatment they receive and this has been followed with various degree of complains leading to an intensification in their level of anxiety and triggering much level of depression.

Purpose: This study was directed to look out for frameworks of various interventions for depression and anxiety among breast cancer patients in Ghana. In doing this, a mixed method design was used to gather both quantitative and qualitative data. The qualitative data was primarily interview with selected working participants while the quantitative data was a non-probabilistic approach using a semi-structured questionnaire to assess the severity, the frequency, the quality of life, the remedy for anxiety and depression experienced by patients undergoing breast cancer treatment in Ghana.

Results: Results showed that breast cancer patients that come to the radiotherapy Department at the Oncology Unit experienced levels anxiety and depression especially for their therapeutic services and the interviews with the team members confirmed this. However, the reasons that underlay the anxiety and depression of breast cancer patients was experience of an abnormal level of anxiety and depression based on the Hospital Anxiety and Depression Scale Scoring.

Conclusion: It was concluded that anxiety and depression issues of cancer patients could be managed and curbed through many interventional approaches or factors. It could also be concluded that cancer patients that come for treatment undergo some levels of anxiety and depression. It was also identified through the interviews that anxiety and depression problems and issues could be managed appropriately.

Biography

Abdul Karim Suleman is Senior Research Assistant of the University of Ghana. He had his Master's from the University of Ghana, and his BSc from the University of Ghana. He has successfully completed his administrative responsibilities as Research Assistant with a research interest in the University on Imaging and Therapy Practice, as well as Therapeutic Analysis. Though his dissertation was in Imaging Practice, he has gone on to assist researchers in several disciplines such as in Oncology and Imaging in research studies. He had fellowship training in several academic institutions and hospitals in the country and presented to several bodies within the country.

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