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Addressing Psychosocial Client Factors in People with Cancer: An Occupational Therapy Guidebook

Hannah Marlette

University of St. Augustine for Health Sciences, h.marlette@usa.edu

Steven M. Gerardi

University of St. Augustine for Health Sciences, sgerardi@usa.edu

Tiffany Bystra

University of St. Augustine for Health Sciences, tbystra01@usa.edu

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Addressing Psychosocial Client Factors in People with Cancer: An Occupational Therapy Guidebook

Hannah Marlette, Steven M. Gerardi, PhD, OTD, MSS, OTR, & Tiffany Bystra, MS, OTR

BACKGROUND

People with cancer have an increased risk of impaired occupational engagement and occupational performance due to the physical, cognitive, and psychosocial impacts of cancer and cancer treatment (Duker & Sleight, 2019; Pergolotti et al., 2016; Polo & Smith, 2018).

The involvement of occupational therapy (OT) in the care of people with cancer remains limited, resulting in a finite amount of literature on OT interventions to address this population (Pergolotti et al., 2016). The primary focus of OT for people with cancer has been on physical client factors and interventions, and people with cancer report that their psychosocial factors are being overlooked (Sleight & Duker, 2016).

OT practitioners have expressed confidence in the use of physical interventions because of its supporting literature (Hunter et al., 2017). Weis (2015) emphasizes that there is a limited understanding of psychosocial interventions for people with cancer. 69% of surveyed OT practitioners reported they desired more evidence-based guidance on OT interventions for people with cancer (Duker & Sleight, 2019).

PROBLEM

OT practitioners do not have clear OT guidelines within the literature on how to address psychosocial client factors in their clients with cancer.

PURPOSE

To create an OT guidebook to address psychosocial client factors in people with cancer.

METHODS

The guidebook was created using the guidelines manual developed by the **National Institute for Health and Care Excellence (NICE)** for the establishment of evidence-based treatment guidelines (NICE, 2015)

1. Pre-Guidebook Development

- Conducted a needs assessment*
- Spoke with stakeholders
- Reviewed the literature
- Identified trends and gaps within the literature
- Developed an outline for the guidebook

2. Guidebook Development

- Developed chapter 1
- Developed chapter 2
- Developed chapter 3
- Developed chapter 4

3. Guidebook Revision

- Sent to capstone mentor for revisions/feedback
- Sent to capstone coordinator for revisions/feedback
- Edits were made accordingly, and revisions continued until finalized

GUIDEBOOK CONTENTS

Chapter 1: Introduction

- Purpose of Guidebook
- References

Chapter 2: Evaluation

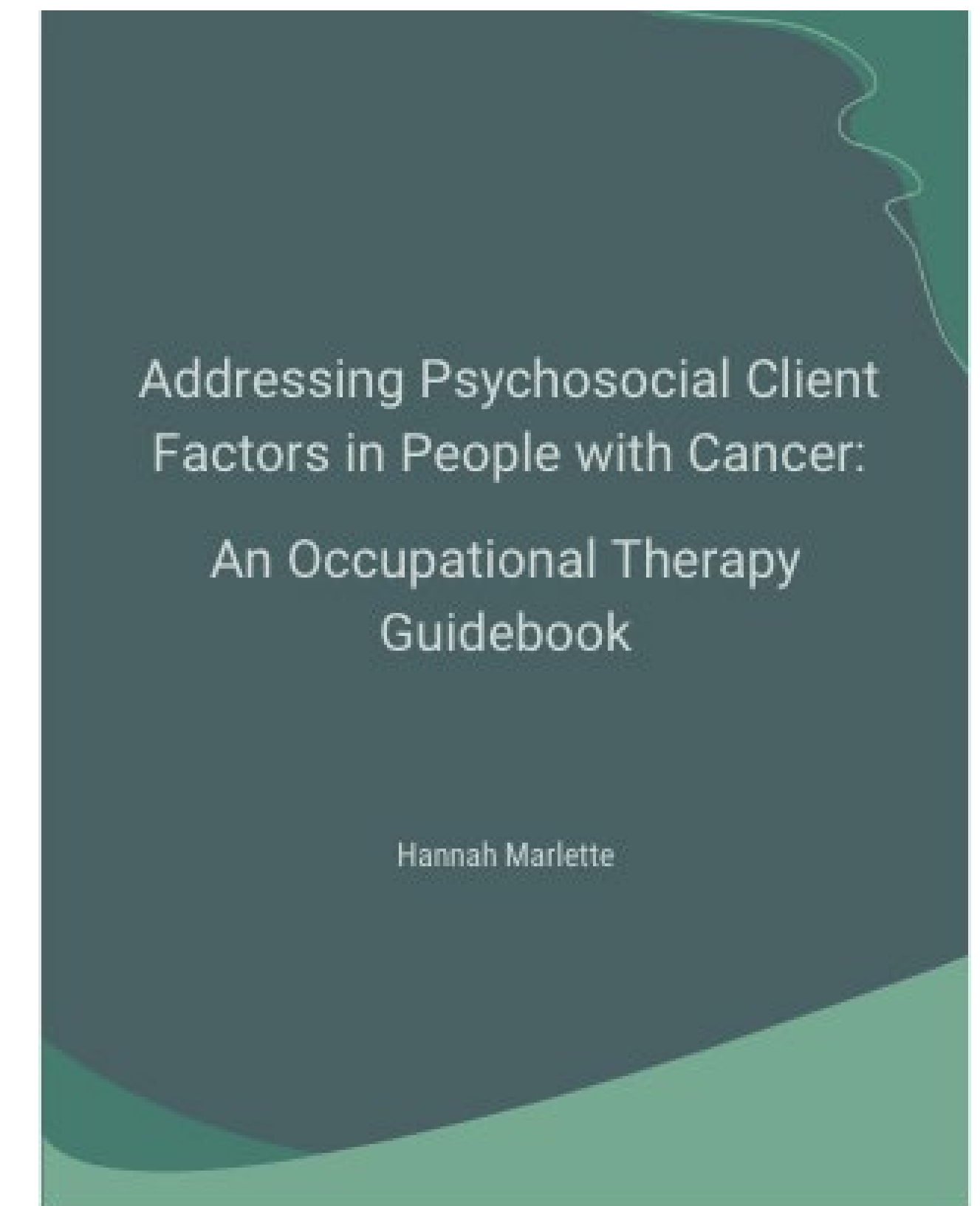
- Assessments/Screening Tools
- Setting Goals
- References

Chapter 3: Interventions

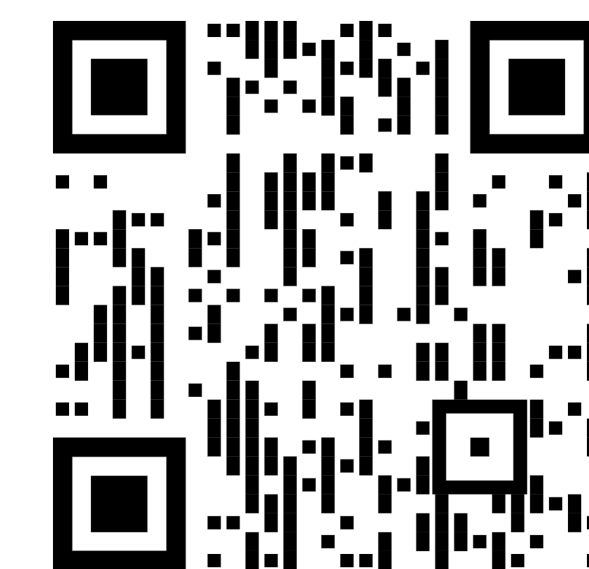
- Spirituality
 - Meaning Making
 - Narratives
- Mood
 - Grounding
 - Activity Planning
- Body-Image
 - Physical Activity
 - Goal Setting
- Self-Esteem
 - Journaling
 - Reframing Thoughts
- Cognition
 - Routine Establishment
 - Effective Communication
- Case Example
- References

Chapter 4: Resources

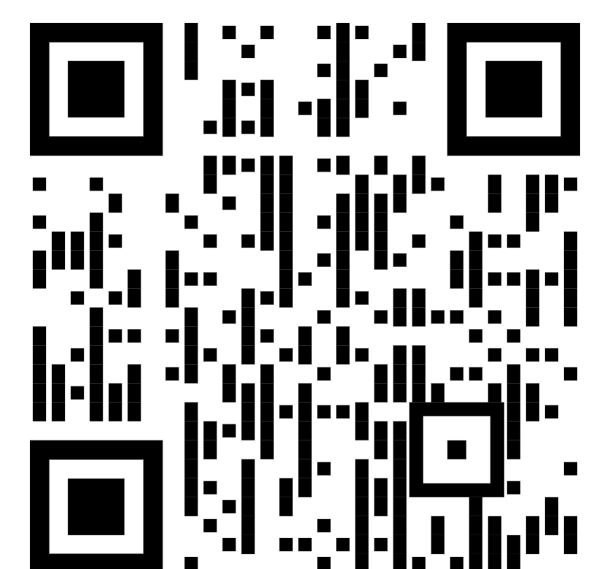
- Resources for OT Practitioners
- Resources for People with Cancer



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OT Guidebook



References

*This project was not research, did not involve human subjects of research, does not report data collected from human subjects, and did not require IRB review.