

Spiritual-Care to Adolescent and Young Adult (AYA) Patient with Leukemia by Creative Arts-related Activities

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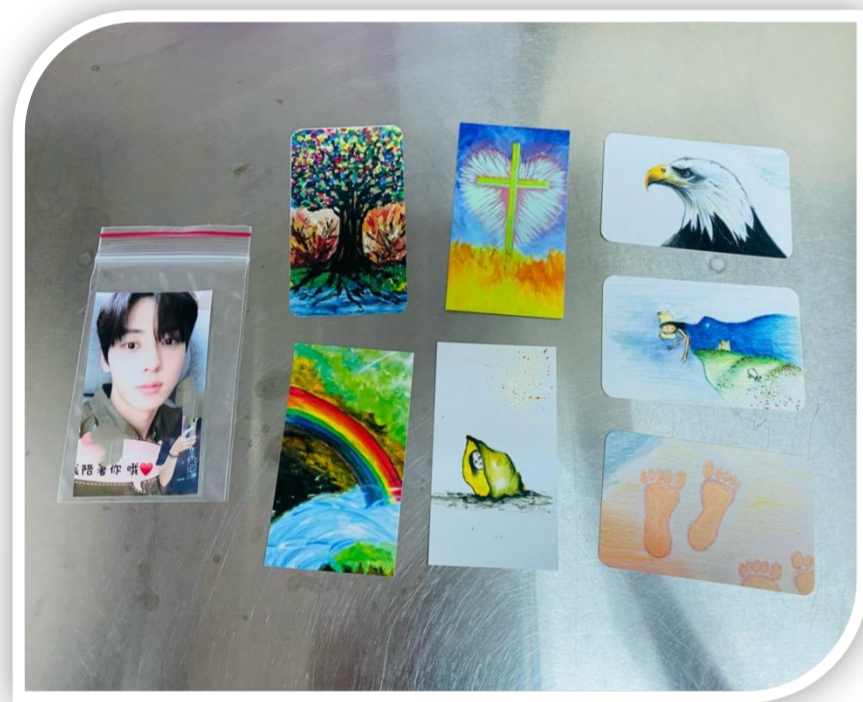
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Background and objective

This article describes the spiritual-care experiences of AYA patient with leukemia who is facing disease progression and suffering from many physical, psychological, and spiritual problems. Cancer of blood cell is so-called leukemia. As the progress of modern medical care, survival rate of leukemic patients had been much prolonged and even can be cured.

Methods/intervention

Spiritual care counselor joins the family conference with the medical team before the Allogeneic hematopoietic stem cell transplantation (Allo-HSCT) and builds up the relationship with this 21-year-old female patient in helping her to express her inner thoughts and needs by Art-related activities. Protective isolation care was implemented to reduce the risk of infection, but allo-HSCT resulted in social isolation. A good patient/spiritual care counselor relationship was built through sharing her favorite Korean idol based on this AYA patient's developmental needs.



Results

Through the interaction after 6-month spiritual plan with Art-related activities engaged in regularly, which can lift up the mood of patient through experience sharing and spiritual support. The AYA patient is able to self care and awareness, the spiritual care increase the willingness for the AYA patient to walk out from her comfort zone to connect with the HSCT medical team during the protective isolation period. This AYA patient is willing to ask for hugging from the HSCT medical team member to build up connection with them.

Conclusions/lessons learned

AYA patients have their own unique psychosocial development and needs. In addition to providing patient care, it is recommended that according to the development stage and needs of adolescents, healthcare professionals should incorporate the self-identified development characteristics at this stage and provide appropriate and individualized spiritual care. It is hoped that this spiritual care experience can be used as a reference for future clinical care of similar patients.

Relevance to health promoting hospitals and health services

From the above findings, the spiritual health of AYA patient with leukemia is the important issue among the AYA in the world. We suggest that the planning group should keep implementing spiritual health promotion activity to improve the quality of life for the AYA patient with leukemia in Taiwan.