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Developing an Occupational Therapy Program for Hispanic Adults Diagnosed with Cancer

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PROBLEM STATEMENT

Minorities and low-income individuals are most affected by health care conditions like ovarian, breast, and colon cancer. This project addresses the needs of low-income minorities women that are struggling with cancer.

PURPOSE

The purpose of this capstone project was to develop, implement, and evaluate a program focusing on the quality of life for cancer survivors through occupational therapy.

OBJECTIVES

- Identifying specific needs of Hispanic participants recovering from cancer
- Developing and implementing specific interventions
- Evaluating the effectiveness of the interventions

METHODOLOGY

- After obtaining IRB approval, 4 Hispanic participants were recruited. Structured and unstructured interviews were conducted using 30 open-ended questions. Interviews lasted 60 minutes with each participant and were taped using a digital recorder. Recording were transcribed and translated by the author. Thematic analysis was conducted using an iterative process.
- Based on the interview outcomes, interventions were developed guided by the model human of occupation
- Implementation was done via telehealth approach and included 3 sessions per week implemented in a group on 1:1 with author.
- Administered World Health Organization Quality of Life assessment pre and post intervention for outcome measures

SPECIFIC MAJOR NEEDS IDENTIFIED

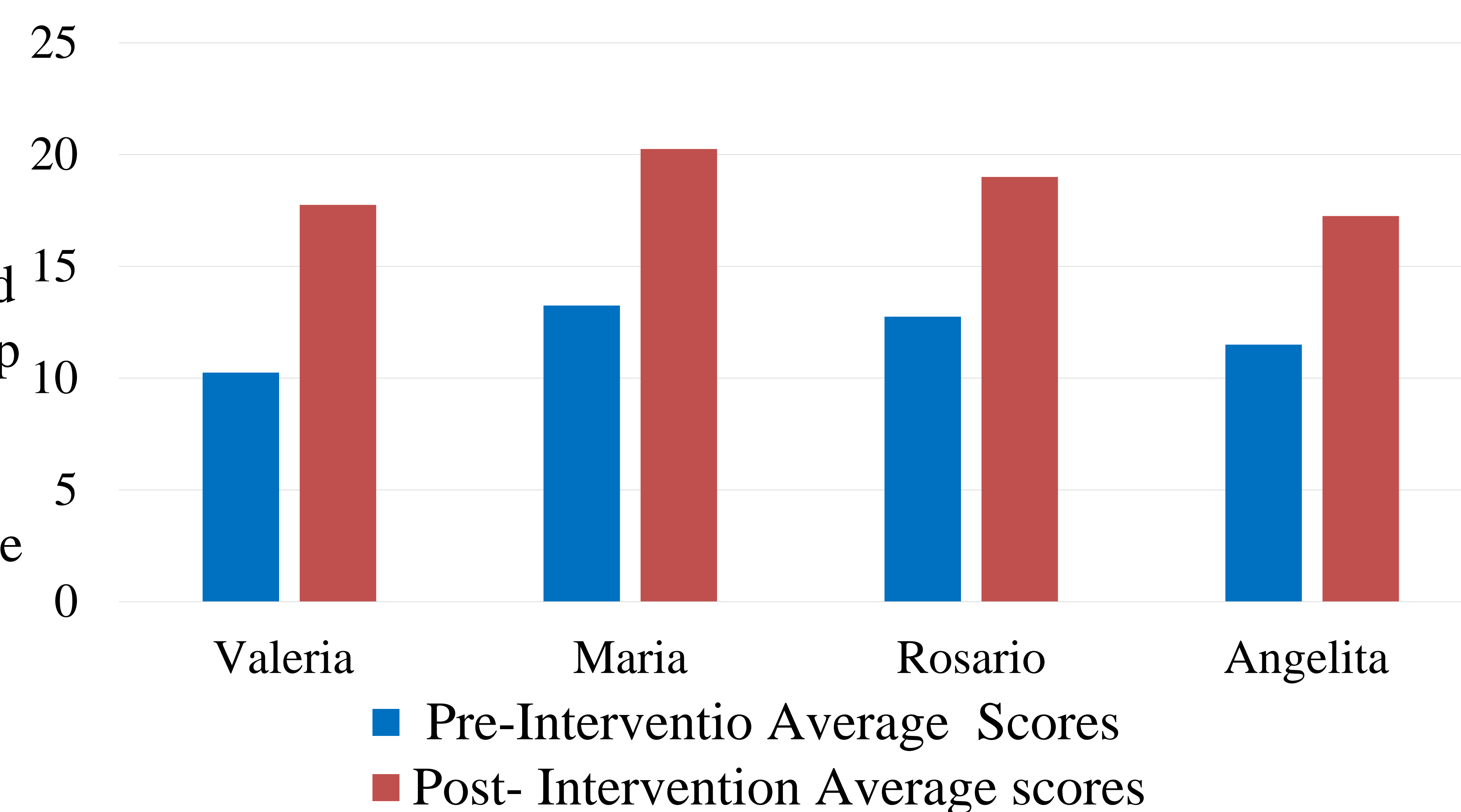
Physical needs	Psychosocial needs
Body dysfunctions	Sleep dysfunctions
Low health education	High level of stress and anxiety
	Language and advocacy limitations
Language barrier	Decreased motivation
Chronic cancer-related conditions	Negative emotions

INTERVENTION

Physical	Psychosocial
Lymphedema management	Sleep hygiene strategies
Client and family education	Stress management techniques
Managing cancer-related physical chronic conditions	Coping, resilience, and emotion-regulation skills
	Patient education
	Advocacy

PROGRAM EVALUATION

World Health Organization Quality of Life Assessment Scale Results



LIMITATIONS

Only four participants. Due to COVID-19, the community center was closed, and the program was implemented via telehealth. In general, the telehealth approach was more limited than having the opportunity to implement the program face to face.

DISCUSSION

This doctoral capstone determined that integrating psychosocial interventions into occupational therapy interventions is a more effective approach when dealing with cancer and managing well-being for survivors. There is a need to increase awareness of how minorities and people with low socioeconomic status are affected by conditions like cancer compared to the average of well- to-do individuals who can afford better treatments.

IMPLICATIONS

The capstone demonstrates the value of holistic occupational therapy in delivering quality care for cancer survivors. Occupational therapists and researchers need to further develop and test program that are holistic in order to better address the needs of cancer patients, particularly for those who are in low socioeconomic status or the minorities who may not be fully aware of the treatment options available.

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REFERENCES

See provided reference list

