



Application of Personalized Psychological Nursing in Late Stage Nursing of Elderly Lung Cancer

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Abstract: Lung cancer is a malignant tumor disease with a high clinical incidence rate. In recent years, the number of elderly patients with lung cancer has gradually increased. Because patients are in the late stage of cancer and are older, they are affected by the illness and treatment adverse reactions, resulting in relatively high psychological pressure of patients. Most elderly patients with lung cancer have negative emotions such as anxiety, depression, pessimism, which affect the treatment effect of patients and reduce the quality of life of patients. It is also necessary to implement psychological care for patients to reduce the impact of adverse psychological conditions on patients. Due to the significant differences in psychological states among patients, individualized psychological care measures need to be taken to meet the needs of different elderly patients. This article mainly reviews the application progress of personalized psychological nursing in the care of elderly patients with advanced lung cancer, in order to provide inspiration and guidance for clinical nursing of elderly patients with advanced lung cancer.

Keywords: personalized psychological care, elderly lung cancer, psychological issues, intervention measures

1. Introduction

Lung cancer is one of the common malignant tumors in clinic. According to the clinical survey [1], the incidence rate and mortality of lung cancer at this stage rank first among all kinds of tumors in elderly patients. In recent years, the incidence of lung cancer has mainly been among elderly patients, gradually becoming a focus of research in the global health field. At present, chemotherapy, radiotherapy, targeted therapy, immunotherapy and other treatment measures are commonly adopted for elderly lung cancer patients. However, during the implementation of treatment, due to the continuous decline of physiological functions in elderly patients, the probability of discomfort during treatment is higher, which increases the psychological burden on patients and affects their treatment compliance. Therefore, it is necessary to strengthen attention to the psychological state of patients and provide personalized psychological care based on their actual needs to promote the gradual improvement of their quality of life. This article mainly reviews the application progress of personalized psychological nursing in the late stage care of elderly lung cancer patients, hoping to provide reference for psychological intervention of elderly lung cancer patients.

2. Analysis of psychological problems in elderly patients with advanced lung cancer

Due to the decline in body function, elderly lung cancer patients have more severe clinical symptoms in the late stage, which can easily reduce their treatment tolerance and lead to various complications. At the same time, elderly patients usually hand over the decision-making power to their families when making treatment decisions, resulting in insufficient communication between many patients and medical staff, thereby increasing the psychological pressure on patients. Clinical studies have found that compared with middle-aged and young lung cancer patients, elderly patients have more severe psychological damage, with relatively higher levels of depression and anxiety. Elderly lung cancer patients often undergo chemotherapy, targeted therapy, and immunotherapy. The mechanisms of drug action are different, and patients have poor tolerance, resulting in more obvious adverse reactions. At the same time, some drugs are used periodically, which can exacerbate patients' psychological discomfort and increase their self-perceived burden during the treatment process. The psychological support for elderly lung cancer patients often comes from their children and spouses. Providing family support to patients can help alleviate psychological pressure and promote their active response to the disease treatment process. Patients who lack good family support may experience anxiety, loneliness, helplessness, and depression, which have a serious impact on their quality of life. As a common malignant tumor disease, lung cancer presents more significant symptoms in late stage patients. As a psychological stress factor, lung cancer can easily lead to anxiety and depression in patients. At the same time, patients may develop a fear of disease progression and treatment effectiveness, which further

exacerbates their physical symptoms and leads to a vicious cycle of anxiety, depression, and fear, posing a serious threat to their treatment compliance and effectiveness. Therefore, it is necessary to combine the psychological problems of elderly patients with advanced lung cancer and provide personalized psychological nursing interventions to help them solve their psychological problems and improve their quality of life.

3. Intervention study of personalized psychological nursing in elderly patients with advanced lung cancer

3.1 Cognitive Psychological Intervention

Due to the lack of correct understanding of the disease among most elderly lung cancer patients, as well as their high fear of treatment methods, when their psychological needs are difficult to meet, it can exacerbate their anxiety, depression, and guilt, reducing their confidence in treatment and life expectations [7]. By implementing cognitive interventions, patients can be guided to understand disease and treatment related knowledge, gradually improve their unhealthy habits, help them regain confidence in treatment, and enhance their self-efficacy and treatment compliance. This is particularly important for elderly patients with advanced lung cancer [8]. Chen Yuanyuan et al. [9] found that multi-dimensional health education guided by patient needs can meet the psychological needs of patients, alleviate their negative emotions, ease their fatigue and sense of urgency during late stage treatment, and stimulate their positive emotions. In the process of implementing cognitive intervention, it is also necessary to focus on collaborative education with patients' families, which can not only provide positive encouragement for patients, but also reduce negative emotional effects and promote patients to improve their self-efficacy and quality of life [10].

3.2 Mindfulness based Stress Reduction Therapy Intervention

The application probability of mindfulness based stress relief therapy in the psychological therapy of elderly lung cancer patients is relatively high. This intervention strategy can focus on enhancing patients' attention to the present, while adopting scientific psychological guidance training to promote patients to gradually reduce negative emotions and enhance their confidence in actively coping with treatment. MCDONNELL et al. [11] conducted research tests on lung cancer patients and observed that patients who received mindfulness based stress reduction therapy intervention showed certain improvements in breathing difficulties, fatigue, and sleep quality, which can promote patients to reduce psychological stress and improve their exercise ability. Wu Guixiang [12] found in her research that nursing interventions based on mindfulness based stress reduction therapy for elderly widowed lung cancer chemotherapy patients can significantly reduce their cancer-related fatigue, improve their anxiety and depression, and help promote the improvement of their prognosis and quality of life. In addition, it should be noted that during the implementation of mindfulness therapy, nursing staff need to possess certain psychological knowledge and skills in order to provide patients with better psychological intervention.

3.3 Group Psychological Intervention

Group psychological intervention is a combination of the needs and feedback of group members, which can provide psychological treatment to patients from cognitive, behavioral, humanistic and other aspects. It can promote the formation of mutual support and acceptance among patients, facilitate the release of negative emotions, and help patients solve mental health problems. Yang Liu et al. [13] implemented group psychotherapy for patients with advanced lung cancer, which can provide psychological treatment to patients in groups. Through experience exchange, patients can be promoted to solve problems in a timely manner, effectively reducing their self perceived burden and alleviating their anxiety and depression. Zhou Xiaojing et al. [14] implemented group psychological intervention based on the theory of knowledge, belief, and action for lung cancer patients, which can guide patients to confide in each other's thoughts, promote patients' acceptance of their emotions and symptoms, and ultimately achieve the goal of reducing patients' self perceived burden and improving their quality of life.

3.4 Relaxation Training Intervention

Relaxation training can help patients reduce the level of skeletal muscle tone, ensure physical and mental pleasure, regulate the function of the central nervous system, reduce brain and thalamic activity, and regulate the psychological function of patients. On the basis of improving the patient's psychological state, it promotes the patient's confidence in treatment and ensures that the patient benefits from relaxation training. Wang Dan et al. [15] found that implementing relaxation training interventions for elderly lung cancer patients can integrate muscle and respiratory relaxation exercises, thereby promoting patients to alleviate disease uncertainty, improve emotions and self-efficacy, enhance patients' training enthusiasm, and have a promoting effect on patients' prognosis and recovery. While conducting relaxation training, it is also

necessary to pay attention to making appropriate adjustments based on the patient's tolerance to reduce adverse effects on the patient's body. An Yeli et al. [16] found in their study that implementing progressive muscle relaxation training in elderly lung cancer patients can promote the improvement of their cardiovascular function, reduce cancer-related fatigue, thereby changing their emotional state and increasing their confidence in recovery.

3.5 Emotional nursing intervention

Emotional nursing is a traditional Chinese medicine theory therapy that focuses on the impact of emotions and psychological states on the overall health of patients. During the treatment process, it can provide psychological support to patients to help them actively cope with the treatment process. Sun Xia et al. [17] adopted emotional nursing intervention measures in lung cancer patients, which can understand the patient's psychological state and distress through in-depth communication with the patient, and develop personalized emotional nursing plans for the patient. It can provide targeted nursing strategies based on the patient's sleep and emotional problems, ensuring consistency between the nursing plan and the patient's needs, promoting the improvement of negative emotions and sleep quality, and helping to improve the patient's self-care level. This is of great significance for lung cancer patients themselves and their families. Guiding imagination pentatonic therapy is an emotional nursing method established on the basis of traditional Chinese medicine treatment. Through guiding language, patients can be guided to imagine beautiful scenes, which is conducive to ensuring that patients are in a relaxed state both physically and psychologically, and promoting the reduction of psychological pain. Chen Lijing et al. [18] found that implementing guided imagination five tone therapy for elderly lung cancer patients can promote the reduction of stress reactions, improve psychological pain, alleviate depression and anxiety, and to some extent promote the improvement of treatment effectiveness and quality of life for patients.

4. Summary

In recent years, the burden of lung cancer has been increasing, and with the arrival of an aging population, the incidence of lung cancer in the elderly has continued to grow. Advanced lung cancer patients are often treated with chemotherapy intervention, and the probability of adverse reactions during treatment is relatively high, resulting in strong discomfort and pain for patients, which seriously endangers their quality of life. Therefore, in recent years, more and more researchers have paid attention to the psychological state of elderly patients with advanced lung cancer during treatment, and provided personalized psychological care interventions for patients by combining their psychological state, in order to help patients gradually relieve negative emotions, reduce psychological burden, promote patients to form a correct understanding of the disease and treatment, and improve their quality of life. At present, research mainly focuses on improving patients' psychological states, and there is relatively little qualitative research on patients' psychological experiences and longitudinal research on changes in psychological states. Therefore, in future research, it is necessary to pay attention to in-depth exploration from the above two aspects in order to provide more scientific and effective psychological intervention models for elderly patients with advanced lung cancer.

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