

Motivational Oncology: New Era - Quality of Life



We are now in the world of the 21st century, full of digital equipment's, connectivity, social networking, and next face are cancer from which we cannot turn our face. Whenever a person is diagnosed either clinically or provisionally as cancer, what the patient needs the most is motivation for:

- Life, prognosis, etc.
- Positive thought
- For sure a smile
- Motivation on esthetic.

From diagnosis to complete treatment, this positive energy is always required for the patient suffering from such a deadly disease.

The motivation should be given to the patient by everyone such as family member, person surrounding to patient, doctor, nursing staff, and radiologist supporting staff. The most important part for cancer patients is not that patient is suffering from cancer but dealing from diagnosis to treatment with this deadly disease by the patients and relatives.

In recent study by Rau *et al.*,^[1] in 2008, verbalized after analysis on three groups for self-efficacy expectations, decisional balance, and on behavioral process of changes. They also stated that exercise, training, etc., are more important in rehabilitation of cancer patients.

After being diagnosis, the most important part is feasibility of cancer treatment, available treatments are so costly that few of them can afford it.^[2] From here, the patient should be motivated with positive outlook by motivational word such as think positive or be optimistic.

In a telephonic interview done by Shepherd *et al.*,^[3] in 2011, on 22 doctors on attitude to shared decision-making views of when patient involvement is appropriate and what motivate them to encourage involvement.

In a data analysis done by Rick *et al.*,^[4] in 2012, on reintegrating patients to their work, he found that most cancer patients were back to work, but the percentage could vary widely from one country to another. The reasons given by patients in this analysis were as for not taking up the work:

- Health reasons
- Lack of (personal) motivation
- Logistic obstacles relating to work (e.g., a long commute)

- Lack of support from the employer for gradual reintegration.

In an original research by de Jong *et al.*,^[5] in 2005, on course of mental fatigue and motivation to determine the course of fatigue with reduces motivation in breast cancer patients undergoing chemotherapy. They did not find depressive symptoms, mental fatigue, and reduced motivation in breast cancer patients after completion of adjuvant chemotherapy, but we cannot deny the fact that may the patients suffering from breast cancer get cured or they got a good motivation by relatives, health-care providers, etc. They also have suggested of further research taking criteria as age, marital status, number of treatments, and interval between surgery and chemotherapy or radiotherapy treatments.

Hence, what can be way to motivate a cancer patient? It can be as follows:

- Keep interacting with such patients
- Family interaction most important
- Do not leave the patient
- Exercise, movies and songs, and praying
- Yoga and meditation
- Involvement with activities such as singing, playing instruments, reading, or writing.
- Reintegrating cancer patients in workplace.

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