

# Multidimensional Needs Assessment in Patients with Cancer Approaching Palliative Care †

Eliza Maria Froicu <sup>1,2,\*</sup>, Gema Bacoanu <sup>1,2</sup>, Vladimir Poroch <sup>1,2</sup>

<sup>1</sup> University of Medicine and Pharmacy “Gr.T.Popa” Iași, Romania

<sup>2</sup> Regional Institute of Oncology Iași, Romania

\* Correspondence: [elizamariaf@gmail.com](mailto:elizamariaf@gmail.com) (E.M.F.);

† Presented at 2<sup>nd</sup> Edition of the OncoHub Conference – Connecting Scientists and Physicians for Next Generation Cancer Management, Poiana Brașov, Brașov, 21-23 September 2022

Received: 10.12.2022; Accepted: 20.12.2022; Published: 5.01.2023

**Abstract:** The goal of palliative care is to improve the quality of life and relieve suffering through a comprehensive assessment that considers all four specific aspects of the holistic approach: physical, psycho-emotional, social, and spiritual problems experienced by the patients and their families. Our study aimed to explore the essential aspects of the appropriate care for the patient with chronic progressive disease and to analyze the specific needs of the oncological patients admitted to palliative care. A retrospective study on a cohort of 198 patients hospitalized in the Palliative Care Department of the Regional Institute of Oncology Iași between January and June 2022. We used specific tools to assess the need for palliative care: the questionnaire for identifying the palliative care needs and the palliative case management plan. Pain represented one of the main symptoms evaluated, 40% of patients – with severe pain (79 patients), 45.90% of patients - with moderate pain (91 patients), and 14.1% of patients – with mild pain (28 patients). 170 out of 198 hospitalized patients received opioid-based medication in their treatment plan. 42 patients were in need to control nausea and vomiting. 15 patients were diagnosed with delirium, and 120 patients were diagnosed in the end-of-life stage with the specific terminal phase tool. The results demonstrate the importance of knowing and understanding the problems faced by the oncological patient admitted to the palliative care department through the use of specific assessment tools. Preventing and managing these symptoms while optimizing the quality of life throughout the disease’s pathway is the only way to achieve the goal of palliative medicine.

**Keywords:** palliative care; need for care; oncology patients; assessment.

© 2023 by the authors. This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

## Funding

This research received no external funding.

## Acknowledgments

This research has no acknowledgment.

## Conflicts of Interest

The authors declare no conflict of interest.