



Compassionate Healing: Dancing with the Patients and the Caregivers at End Stage of Life

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THE PEOPLES OF CHINA

Produced by the Geographic Division
National Geographic Society
Washington, D.C., U.S.A.

NORTH CHINA

This region is home to the Han Chinese, who are the majority of the population. The people here are known for their hardworking nature and their love of traditional Chinese culture. Many of them are farmers who grow wheat and other crops. They also have a long history of art and literature.

KOREAN

The Korean people live in the mountainous region of North China. They are known for their unique customs and traditions. Many of them are farmers who grow rice and other crops. They also have a strong sense of community and family.

WESTERN CHINA

The people of Western China, including the Uyghurs and Kazakhs, are known for their nomadic lifestyle. They are skilled horsemen and often herd sheep and other animals. They have a rich cultural heritage and are known for their beautiful handicrafts.

WATERIAN

The Waterians live in the mountainous region of South China. They are known for their unique customs and traditions. Many of them are farmers who grow rice and other crops. They also have a strong sense of community and family.

KEY TO ETHNOGRAPHIC GROUPS OF CHINA

This table lists various ethnic groups and their traditional colors and symbols. It is organized into columns, each representing a different group. The groups include:

- Korean
- Manchu
- Uyghur
- Kazakh
- Mongol
- Han Chinese
- Yi
- Miao
- Tibetan
- Hui
- Xibo
- Manchu
- Miao
- Han Chinese
- Yi
- Miao
- Tibetan
- Hui
- Xibo

B...

The Han Chinese are the most numerous ethnic group in China. They speak the Chinese language and have a long history of civilization. They are known for their contributions to science, art, and literature. They are also known for their strong sense of family and community.

The Uyghurs are a Turkic ethnic group who live in the northwest of China. They are known for their nomadic lifestyle and their beautiful handicrafts. They speak the Uyghur language and have a rich cultural heritage.

The Kazakhs are another Turkic ethnic group who live in the northwest of China. They are known for their nomadic lifestyle and their skills as horsemen and herders. They speak the Kazakh language and have a strong sense of community and family.

The Mongols are a large ethnic group who live in the north of China. They are known for their nomadic lifestyle and their skills as warriors. They speak the Mongolian language and have a rich cultural heritage.

The Han Chinese, Uyghurs, Kazakhs, and Mongols are all important ethnic groups in China. They have each made unique contributions to the country's history and culture.

Laws and Regulations in China

In Implementation Rules of medical institutions:

- it says “Doctors should respect the right of patients to know their condition, diagnoses and therapy, give them necessary explanation before surgical operation, special examinations and therapy. If it’s not appropriate to tell the patients directly, doctors should inform the patients’ family instead”

(Implementation Rules of medical institutions, Sept 1st,1994)

-----What kind of situation is not appropriate to tell the patients directly?

In Medical Malpractice Bill:

- it says “Doctors should inform the patients about their condition, therapies and medical risk truthfully, answer their questions timely but avoid the adverse effects of bad news on patients.”

---how to avoid the adverse effects of bad news on patients?

(Medical Malpractice Bill, Sept 1st,2002)

Cancer statistics in China, 2015

- Expected Cancer Incidence in 2015
 - There will be over four millions newly diagnosed invasive cancer cases in 2015 in China
 - About 60~80% patients newly diagnosed with cancer are late stage.
- Expected Cancer Mortality in 2015
 - It is estimated that more than two million Chinese will die from cancer in 2015.

Chen, W., Zheng, R., Baade, P. D., Zhang, S., Zeng, H., Bray, F., Jemal, A., Yu, X. Q. & He, J. (2016). Cancer statistics in China, 2015. CA Cancer J Clin, 66, 115-132.

The problems and potential crises of advanced cancer

- Multiple physical symptoms and Progressive physical disability
- Multiple losses
- Disruption in
 - Self-concept
 - Personal & family relationships
 - Social roles
- Fear of dependency and suffering
- Sadness and crisis or loss of meaning



psychotherapy are effective and beneficial to advanced disease

Systematic Reviews:

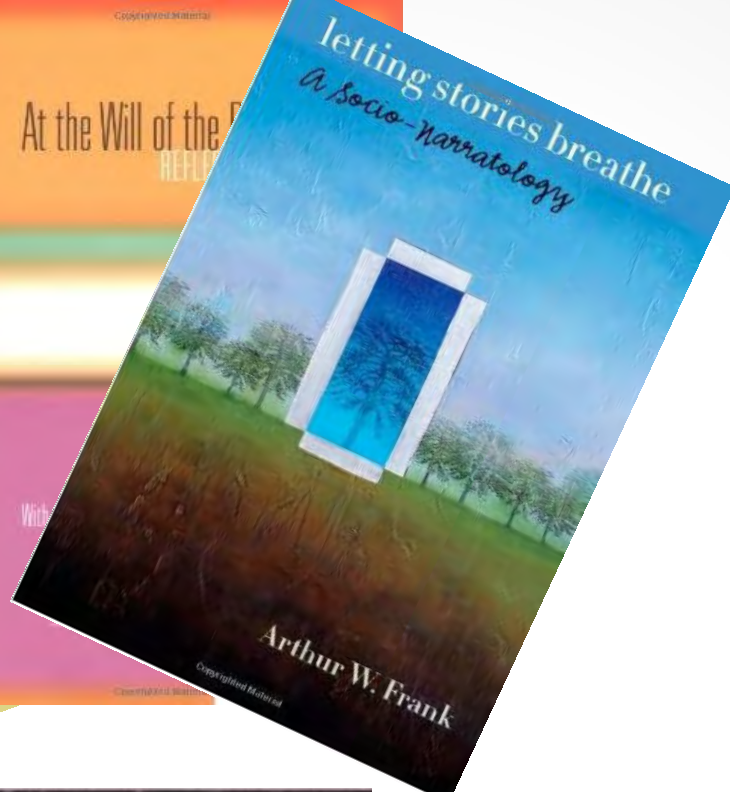
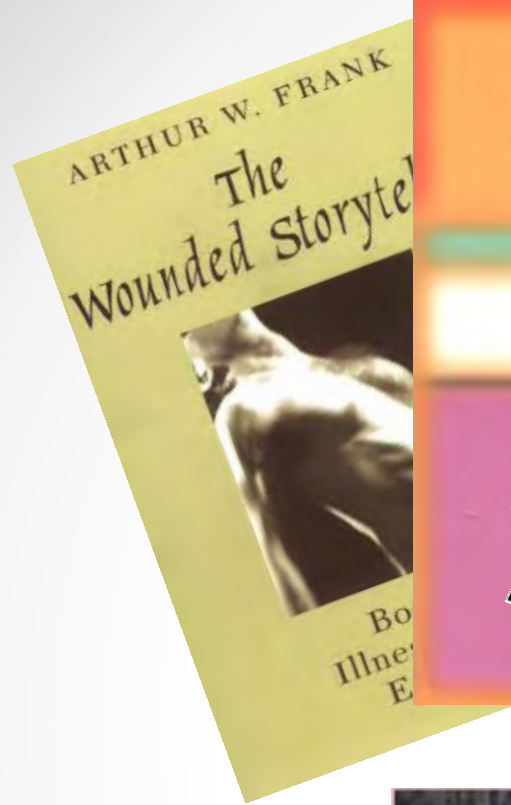
- Psychotherapy preferred to pharmacotherapy with advanced disease
 - *Akechi et al, 2008*
- Positive outcomes and sustained improvement are most likely to occur when treatment is directed at etiological and pathogenic factors, rather than solely at symptoms.
 - *Luytens et al, 2006*





Young women with terminal breast cancer

- Female, 37 years old, breast cancer
- Brain, lung, liver, bone metastatic tumor

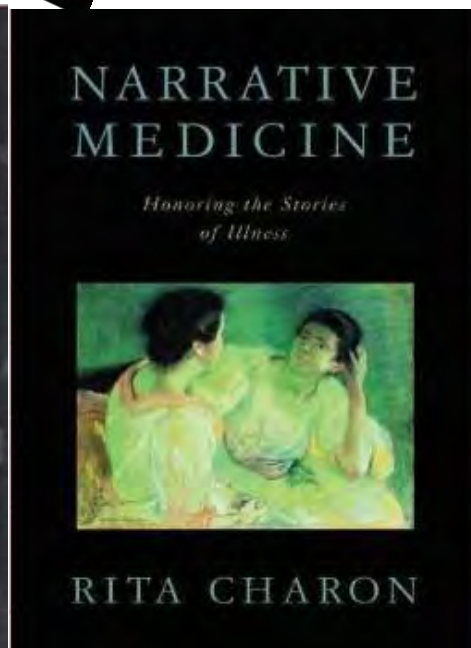


Arthur W. Frank

“when they turn their diseases into stories, they find healing”



Rita Charon



The ill person who turns illness into story transforms fate into experience.

Narrative Medicine and Narrative therapy

- Narrative Medicine fortifies clinical practice with the narrative competence to better recognize life, illness and death, and listens to the voice of patient which be rejected by the scientific words.
- **Narrative therapy** is a form of psychotherapy that seeks to help people identify their values and the skills and knowledge they have to live these values, so they can effectively confront whatever problems they face (*Michael White*).

Narrative Medicine: Honoring the Stories of Illness[M]. New·226. York: Oxford University Press, 2006.

Face an old man after a suicide attempt

- Male, 76 years, advanced lung cancer
- Metastasis in both lungs
- Pleural metastasis, pleural effusion
- Hepatic metastasis
- Brain metastasis

Meaning-Centred Psychotherapy (MCP), It focuses on helping patients with advanced cancer develop or increase a sense of meaning in their lives. Meaning-Centred Psychotherapy (MCP) arose from a need to deal with a challenging clinical problem, that of despair, hopelessness and desire for hastened death in advanced cancer patients who were, in fact, not suffering from a clinical depression, but rather confronting an existential crisis of loss of meaning, value and purpose in the face of a terminal prognosis.



William Breitbart

What constitutes good death?



What constitutes a “good death” is likely to vary by culture and time.



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Death In Chinese Philosophers' Eyes

**Confucius
Philosophy**

life and death unify

**Taoist
Philosophy**

**willing to die to
preserve virtue**

**Buddhist
Philosophy**

**belief in new life after
death**

Summary :

‘Respecting Life Seriously and Accepting Death Peacefully’

Death-In Ordinary Chinese People's Eyes



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**Death Denies
Life**

**mysterious, fearsome
and painful**

**The Process of
Death**

cold, dark and lonely

After Death

after-life? being haunted

Summary :

'Respecting Life Seriously but I'd Rather Not Die!'



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The Perception of Good Death in Oncological physicians, Nurses, Cancer Patients and Families in Mainland China: A Qualitative Study

The Quantitative Study of Good Death in Cancer Care in Mainland China



北京大学



北京大学肿瘤医院
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Findings with cultural features

- Family acceptance
 - Confucian culture, Xiao 孝(filial piety) and Yi 義(appropriateness or righteousness)
- Effective communication
 - Breaking bad news, diagnostic disclosure
 - Communication skills training
- Clear decision-making was not highlighted

Making decision at the end of life: Living will(1)

- www.xzyzy.com (Choice and Dignity- Public interest organization)
- An easy-filled form called “My Five wills” , including 5 parts:
 - I **want** or **don't want** some medical services?
 - I **hope to** or **not to** have any Life-support treatment?
 - I hope how others treat me?
 - What I want my family and friends to know?
 - Whom I hope to help me?

Help patients to exercise their rights of making decision at the end of life.

Making decision at the end of life: Living will(2)

They usually face three choices :

1

I want ...

2

I don't want ...

3

If my doctor think ... can release my distress, I want it ;
if my doctor think ... can't release my distress any more,
I don't want it.

80% responders chose "3"

From the Cradle to the Grave

“All of us, from the cradle to the grave, are happiest when life is organized as a series of excursions, long or short, from the secure base provided by our attachment figures”

Bowlby, A Secure Base, 1988

“从摇篮到坟墓, 我们所有人最幸福的是生活是一段安排好的旅行, 或长或短, 因为我们的依恋对象给我们提供了安全感。”







Reserved valuable space for patients

——The surgical Building Lobby