



Mobilising  
Action  
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Change



## Practice, policy and advocacy reports

### *Track 3 - Improving patient and family experiences*

#### *Psychosocial studies and interventions in cancer care*

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#### The role of Psycho-oncology in Pleasant Treatment Journey (PTJ)

Sameer Kaul<sup>1</sup>, Deepali Kapoor<sup>1</sup>, Rajat Thawani<sup>2</sup>

<sup>1</sup>Breast Cancer Patients Benefit Foundation, Noida, <sup>2</sup>Breast Cancer Patients Benefit Foundation, New Delhi, India

**The abstract or summary reports has already been published or presented previously:** No

**Select your preferred type of presentation:** E-poster display

**Background and context:** Cancer patients find the physical, emotional, and social effects of the disease to be stressful. The strategies used to cope with the stress effect the long term quality of life of survivors. This area of need is managed by psychologists who have experience in dealing with cancer patients.

India, inspite of being a hub for medical tourism, and having high number of cancer patients, has an unmet need of psychologists. This is due to lack of awareness, and lack of training opportunities available.

We believe that with counseling, patients have a better quality of life during and after treatment which effects the ultimate outcome of patients. We coin the term Pleasant Treatment Journey (PTJ) which could correlate with outcomes of patients.

**Aim:** To create awareness about the naive field of Psycho-Oncology in India and train healthcare professionals in this field.

**Strategy/Tactics:** The Breast Cancer Patients' Benefit Foundation has been working in the field of Psycho-Oncology for a long time. The foundation has been making healthcare professionals aware about the need of psychology in cancer patients in achieving a PTJ, which would improve the quality of life of patients by increased productivity, and providing emotional support to the patients. We have also been training interested professionals in the field to increase the outreach of this field.

**Program/Policy process:** -

**Outcomes:** The foundation has successfully conducted 3 workshops in Psycho-Oncology to train healthcare professionals.

**What was learned:** India needs more psycho-oncologists for the patients to have a PTJ.

**Disclosure of Interest:** None Declared

**Keywords:** Psychosocial