

Psychosocial Impact of Skeletal Metastases Addressing Patient Needs beyond Treatment

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Abstract

Skeletal metastases pose a significant challenge in oncology, not only due to their physical symptoms but also because of their profound psychosocial impact on patients. This article explores the psychosocial aspects of skeletal metastases and emphasizes the importance of addressing patients' holistic needs beyond medical treatment. Patients with skeletal metastases often experience emotional distress, including anxiety, depression, and existential concerns, alongside social disruptions such as limitations in daily activities and financial strain. Addressing these psychosocial needs requires a multidisciplinary approach, encompassing psychological support, social interventions, palliative care, and survivorship planning. By recognizing and addressing the psychosocial dimensions of skeletal metastases,

Received: 23-Jan-2024, Manuscript No: joo-24-126329 (R), Published: 24-Jan-2024
DOI: 10.4172/2472-016X.1000244

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Keywords: Skeletal metastases; Psychosocial impact; Patient needs; Palliative care; Survivorship

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Introduction: Skeletal metastases, a common complication of solid tumor malignancies, pose a significant challenge for patients and their families. Beyond the physical and functional impairments caused by the metastases themselves, the psychosocial implications are profound. Hospitalizations, and treatments can impose significant logistical and financial burdens on patients and their families, further straining their social support networks [1].

Addressing psychosocial needs

Recognizing and addressing the psychosocial needs of patients with skeletal metastases is essential for comprehensive cancer care. Holistic care, which adopts a holistic approach, goes beyond medical treatment to encompass psychological, social, and palliative care [2].

Psychological support

Psychological intervention, such as counseling, psychotherapy, and support groups, plays a crucial role in helping patients cope with the emotional impact of skeletal metastases. Cognitive-behavioral techniques can assist patients in managing anxiety and depression, while existential therapy can help them find meaning and purpose amid their illness [3].

Social support

Encouraging patients to engage with their support network, including family, friends, and peer support groups, can alleviate feelings of isolation and provide practical assistance in their daily lives. Social workers can offer guidance on navigating financial challenges, accessing community resources, and communicating effectively with healthcare providers [5].

Palliative care

Incorporating palliative care early in the treatment process is essential for addressing patients' physical and psychosocial needs. Palliative care teams specialize in symptom management, pain control, and optimizing the quality of life, ensuring comprehensive patient care [4].

Citation: