

原 著

実存分析的アプローチを含めた 包括的方法(全人的医療)による癌患者のケア

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要旨：疼痛を訴えている癌末期患者28例に対し、レトロスペクティブにその緩和医療について検討した。主観的にはQOL調査票を用いて、QOLを評価し、客観的には尿17-KS-S（以下、Sと略）、17-OHCS（以下、OHと略）、S/OH比を用いた。補剤である十全大補湯、紅参末、コエンザイムQ₁₀を用い、さらに実存分析を基盤とした心理療法を行った。延命効果とQOLの改善が認められた。低下していたS、S/OH比が上昇した。さらに、6例が実存的転換を示した。転換群と非転換群の身体・心理・社会・実存的条件を比較した。T-QOL、食欲、高S、志向体験、意味への気づきが転換群で優れていた。また、死の様態では転換群に尊厳死が多かった。

索引用語：癌性疼痛、緩和医療、補剤、実存分析、17-KS-S

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Palliative Care for Terminal Cancer Patients with a Comprehensive Approach Including Existential Analysis

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Abstract: 28 terminal cancer patients were treated comprehensively, and evaluated retrospectively. They were evaluated subjectively by QOL questionnaire and objectively by urine 17-KS-S (abbreviated to S), 17-OHCS (OH) and S/OH ratio. Supplementary agents of Juzentaihoto (Shi-Quan-Da-Bu-Tang), Korean red ginseng and coenzyme Q10 were administered and psychotherapy based on logotherapy (existential analysis) was performed. Prolongation of lives and improvement of QOL were observed. Their lower S and S/OH ratios were increased. Among them 6 cases showed existential shift (shift group). In the shift group and non-shift group, the biopsychosocial and existential conditions were examined. T-QOL, appetite, high S value, supreme experience, awareness of meaning of lives showed higher scores in the shift group than in the non-shift group. Dying with dignity was more apparent in the shift group.

Key words: cancer pain, palliative care, supplementary agents, logotherapy (existential analysis), 17-KS-S

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