

総説

がん医療と心のケア —がん患者・家族・遺族の心のケア—

大西 秀樹*

要旨：がん患者は治療の問題に加え，仕事，家庭そして，実存の問題など様々なストレス要因を抱えている。これらストレスが精神疾患の発症へつながることも稀ではない。がん患者での精神疾患は，適応障害，うつ病，せん妄などが多く，精神疾患の罹患は，精神症状の苦痛，治療意欲の低下および判断力の低下につながるため，早急な対応が必要である。治療には，精神疾患そのものの問題ばかりではなく，社会面，実存面への対応も必要とされる。

家族も精神，身体，社会面での負荷を受けていることから「第2の患者」と呼ばれており，医療とケアの対象である。

死別は人生の中でも大きなストレスで，遺族の精神，身体，社会面に影響を及ぼすことが知られている。遺族に対するケア「後治療」が必要とされる。

索引用語：がん，サイコオンコロジー，うつ病，せん妄，適応障害

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Cancer treatment and psychological care

Hideki Onishi *

Abstract: Cancer patients encounter various stresses such as problems with therapy, as well as work-related, family, and daily living difficulties. These stresses sometimes cause mental disorders. Regarding mental disorders in cancer patients, adjustment disorders, depression and delirium are common in the advanced and end-stage. Mental disorders must be managed as promptly as possible because they cause distress owing to mental manifestations, reduced patient motivation for treatment, reduced judgment capacity, suicide, and family distress. Problems with mental disorders as well as social and existential problems must be managed.

Families of patients are called “the second patients” because the mental, physical, and social burdens are loaded on them; they are involved in the medical treatments and care.

Bereavement is the most stressful event in life, and is known to affect the mental, physical, and social aspects of survivors. “Post-treatment” care for the bereaved families is required.

Key words: cancer, psycho-oncology, major depressive disorder, delirium, adjustment disorder

* Department of Psycho-oncology, Saitama Medical University International Medical Center

Offprint requests to: Hideki Onishi, M.D., Ph.D., Department of Psycho-oncology, Saitama Medical University International Medical Center, 1397-1 Yamane Hidaka-shi, Saitama, Japan