

## Cancer Survivors in Palliative Care

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### Abstract:

Cancer survivors are patients who, upon completion of medical treatment, are no longer oncologically ill, who can continue medication to reduce the risk of disease recurrence, and who thus keep their cancer under control. During this period after cancer diagnosis and survivorship, palliative care is holistic for medical, psychological, spiritual symptoms, as well as increasing the quality of life (Mitsimponas et al, 2017, 3).

### Data Collection Methodology

The data collection period through questionnaires was carried out between 01.11.2024 – 30.11.2024, from 30 people who are employed within the “Saint Nectarie Palliative Care Center” based in Bucharest, Sector 2. The people selected to participate in this research study are: specialist doctors, general medical assistants and nurses who have competence courses in palliative care and continuing education.

The study considers adult cancer survivors who benefit from palliative care services and are hospitalized in the center.

From the total of 45 employees of the institution, 30 employees were selected who agreed to participate in this research study. Among them, we have 1 oncologist with competence in palliative care, 19 general medical assistants and 10 nurses with training in palliation. From the total number of 30 employees, we have 24 women and 6 men, aged between 20 and 70 years, from an urban area.

### The research questions:

1. What are the risk factors influencing recurrence in cancer survivors?
2. What are the genetic and biological factors that influence cancer survivors?
3. What kind of support do cancer survivors need?

**Conclusions:** There are cancer survivors hospitalized in the “Saint Nektarios Palliative Care Center” who benefit from palliative care. Their number is 54 patients/month and 648 patients/year.

The number of employees who participated in the research study in this format from the response is mostly female (80%) and the most representative category of personnel is that of medical assistance.

Spiritual and psychological support for cancer survivors are the first two types that were indicated by the center’s employees, while for cancer patients’ risk factors we have in the first 3 places: lifestyle, stress, social case and nutrition.