

研究業績 英文表記

和文	
表題	在宅ホスピスを利用する介護者へのナラティブ・アプローチの開発と語りの内容
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英文	
Title	Development of Narrative Approach for family caregiver's QOL at home hospice and contents of narrative
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Abstract	<p>Goal: The aim of this study was the development of a narrative approach program for family caregivers at home hospice. We examined the effect on quality of life (QOL) and the factors of their narrative.</p> <p>Methods: Ten family caregivers who were taking care of a patient with a terminal illness at home at the time of the study participated voluntarily. They received two interviews in the narrative approach, in which they narrated about one hour per interview. They completed the questionnaires about quality of life (positive emotion in Caregiver Quality of life Index-Cancer: CQOLC), Life Satisfaction, and mental health (General Health Questionnaire: GHQ). Data was analyzed by quantitative and qualitative analysis. This study was approved by the Ethical Board at St. Mary's College.</p> <p>Results: The CQCLC score significantly increased ($p < .05$) and the GHQ score decreased, though not to a significant extent. Life satisfaction didn't change because of ceiling effect. The categories about importance, changes after getting disease, hopes are selected.</p> <p>Conclusion: Narrative Approach may be useful to increase family caregiver's Quality of life (positive emotions), and have the possibility to reduce mental health problems. Selected categories suggested psychological process of caregivers, and that the narrative approach might promote the recognition of positive aspects or resilience. We propose a narrative approach program as a pilot study.</p>
keyword	home hospice, narrative approach, caregiver, quality of life

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