

INTERVENCIONES EN SENTIDO DE LA VIDA: UNA REVISIÓN SISTEMÁTICA Y SÍNTESIS REALISTA

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INTRODUCCIÓN

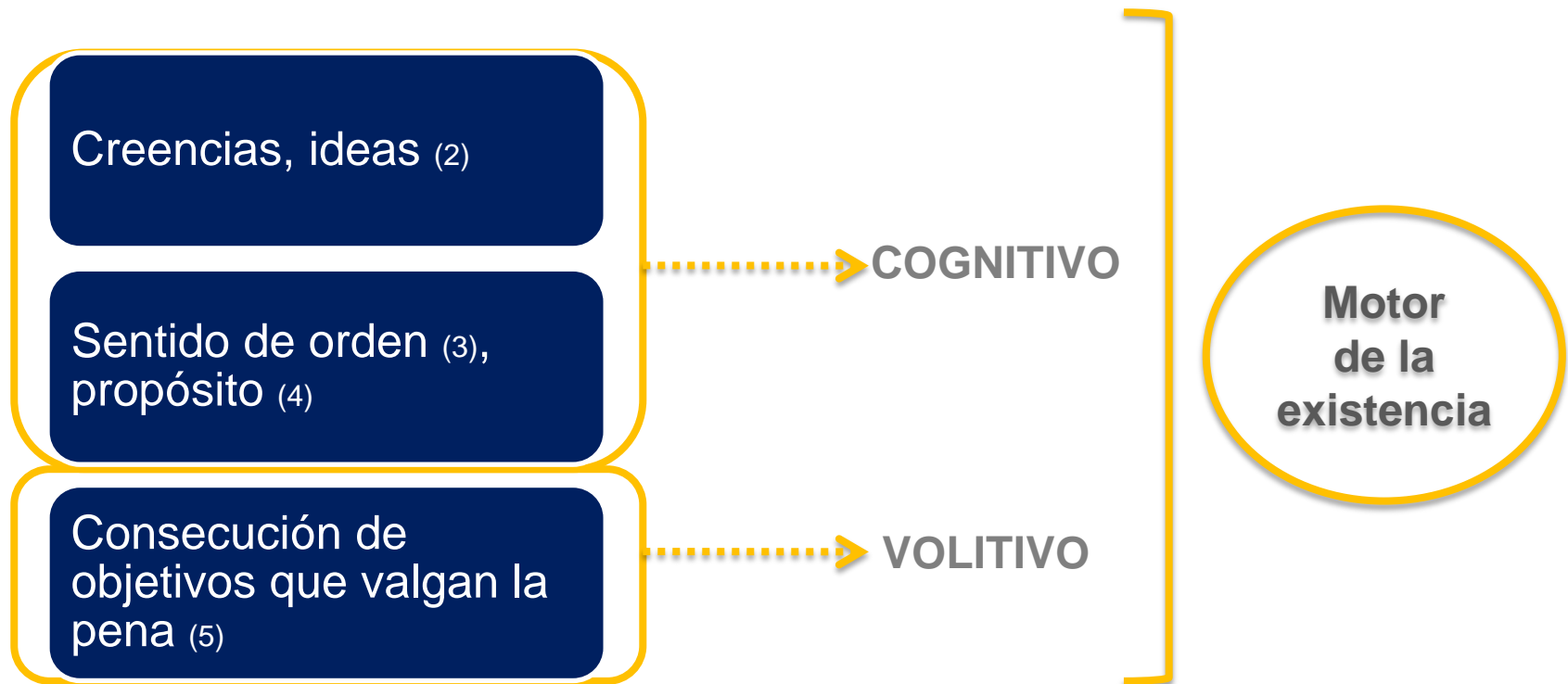
De la Filosofía a la clínica



(1) Frankl V. [El hombre en busca de sentido]. 12th edition. Barcelona, Spain: Herder; 1991.

INTRODUCCIÓN

Definición de SV



(2) Warner SC, Williams JI. The Meaning in Life Scale: determining the reliability and validity of a measure. J Chronic Dis. 1987; 40(6):503-12

(3) Thompson S, Sobolew-Shubin A, Graham M, Janigian A. Psychosocial adjustment following a stroke. Soc Sci Med. 1989; 28:239-47.

(4) Reker GT. Personal meaning, optimism, and choice: existential predictors of depression in community and institutional elderly. Gerontologist. 1997; 37(6):709-16

(5) Scheier MF, Wrosch C, Baum A, Cohen S, Martire LM, Matthews KA, et al. The Life Engagement Test: assessing purpose in life. J Behav Med. 2006; 29(3):291-8

INTRODUCCIÓN

Beneficio clínico

↑SV=>↑**bienestar espiritual** de los pacientes (6)

Calidad de vida (7)

Mejor tolerancia a los síntomas físicos (8)

Psicológico (9): factor protector, afrontamiento de la enfermedad

Pérdida de SV

Sufrimiento o distrés emocional // Percepción de dignidad

¿Intervenciones?

(6) Breitbart W. Spirituality and meaning in supportive care: spirituality- and meaning-centered group psychotherapy interventions in advanced cancer. Support Care Cancer 2002; 10(4):272-80.

(7) Mok E, Lau KP, Lai T, Ching S. The meaning of life intervention for patients with advanced-stage cancer: development and pilot study. Oncol Nurs Forum 2012;39(6):E480-8

(8) Brady MJ, Peterman AH, Fitchett G, Mo M, Cella D. A case for including spirituality in quality of life measurement in oncology. Psychooncology 1999; 8(5):417-28

(9) Zika S, Chamberlain K. On the relation between meaning in life and psychological well-being. Br J Psychol 1992; 83 (Pt 1):133-45

(10) Kissane DW, Wein S, Love A, Lee XQ, Kee PL, Clarke DM. The Demoralization Scale: a report of its development and preliminary validation. J Palliat Care 2004; 20(4):269-76.

INTRODUCCIÓN

SV y Deseo de Adelantar la Muerte (DAM)

- La exploración de la relación entre SV y DAM es reciente.
- Exploración del DAM (11,12) => peticiones de eutanasia

Síntomas, pérdida de autonomía, percepción de ser una carga, apoyo social, otras variables demográficas y culturales

- 2004(13): Morita et al. incluyen pérdida de SV como variable relacionada con DAM
- **SV=> factor protector ante el DAM**

(11) Ganzini L, Silveira MJ, Johnston WS. Predictors and correlates of interest in assisted suicide in the final month of life among ALS patients in Oregon and Washington. J Pain Symptom Manage. 2002; 24(3):312-17

(12) Chochinov HM, Hack T, Hassard T, Kristjanson LJ, McClement S, Harlos M. Understanding the will to live in patients nearing death. Psychosomatics. 2005; 46(1):7-10

(13) Morita T, Sakaguchi Y, Hirai K, Tsuneto S, Shima Y. Desire for death and requests to hasten death of Japanese terminally ill cancer patients receiving specialized inpatient palliative care. J Pain Symptom Manage. 2004; 27(1):44-52

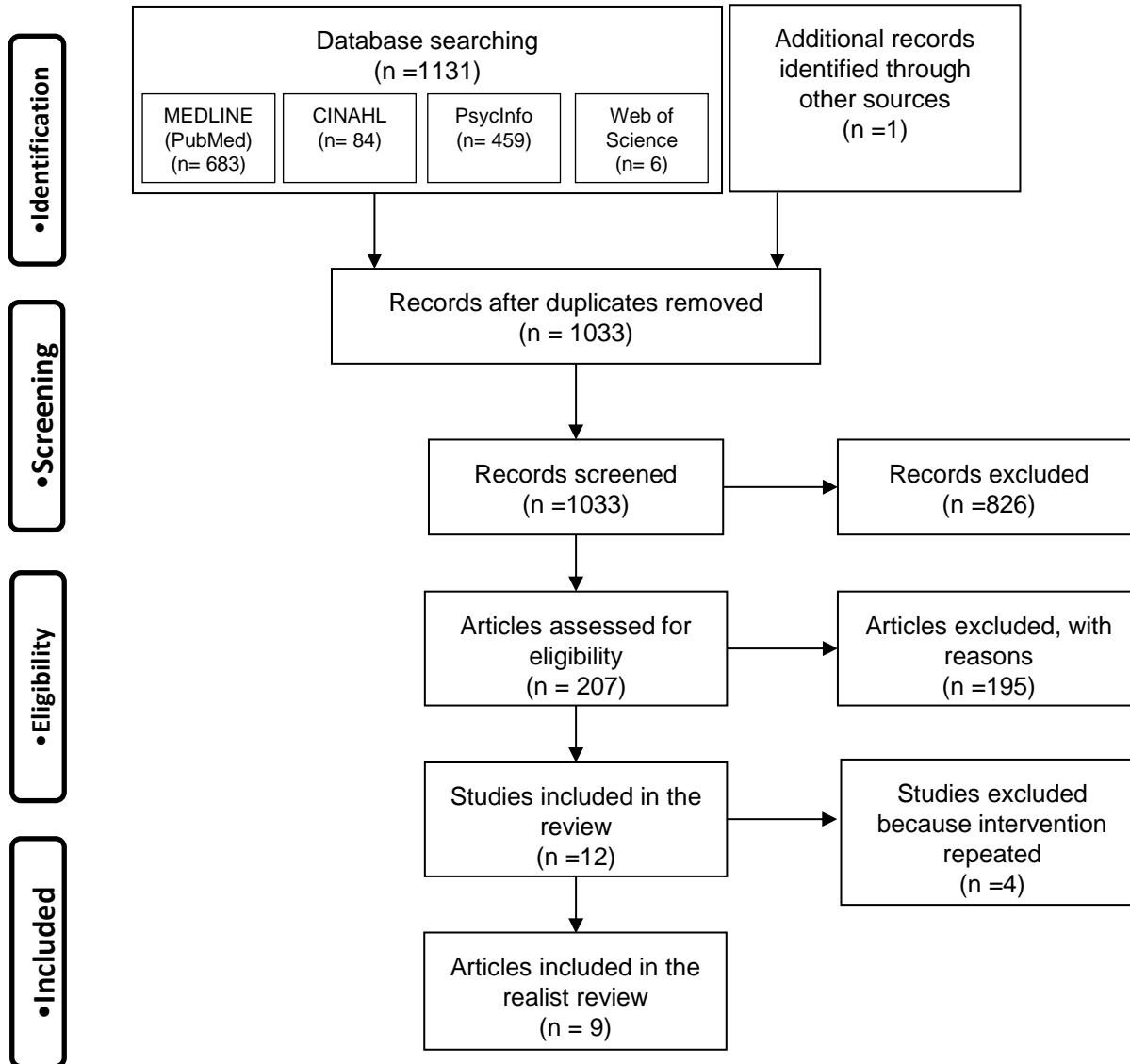
OBJETIVOS

Identificar, analizar y sintetizar
las intervenciones de SV
para pacientes al final de la vida

Estrategia de búsqueda

	Terms used in PubMed	Number of hits
#1	"meaning in life" [Title/Abstract]	4
#2	"meaning of life" [Title/Abstract]	1
#3	"meaning making" [Title/Abstract]	314
#4	"meaning" [Title/Abstract]	32494
#5	"Purpose in life" [Title/abstract]	397
#6	#1 OR #2 OR #3 OR #4 OR #5	32779
#7	"Palliative-care"[MeSH term]	37996
#8	"Terminal Care" [MeSH term]	38980
#9	"end-of-life"[Title/Abstract]	10717
#10	"terminally ill" [Title/Abstract]	4058
#11	#7 OR #8 OR #9 OR #10	74897
#12	"Therapeutics" [MeSH term]	3158269
#13	"therapy" [MeSH Subheading]	5224563
#14	"intervention" [Title/Abstract]	309824
#15	"psychotherapy" [Title/Abstract]	24531
#16	"treatment" [Title/abstract]	2788722
#17	"spiritual therapies" [MeSH term]	12574
#18	#12 OR #13 OR #14 OR #15 OR #16 OR #17	7668073
#19	#6 AND #11 AND #18	683

METODOLOGÍA: Selección de artículos



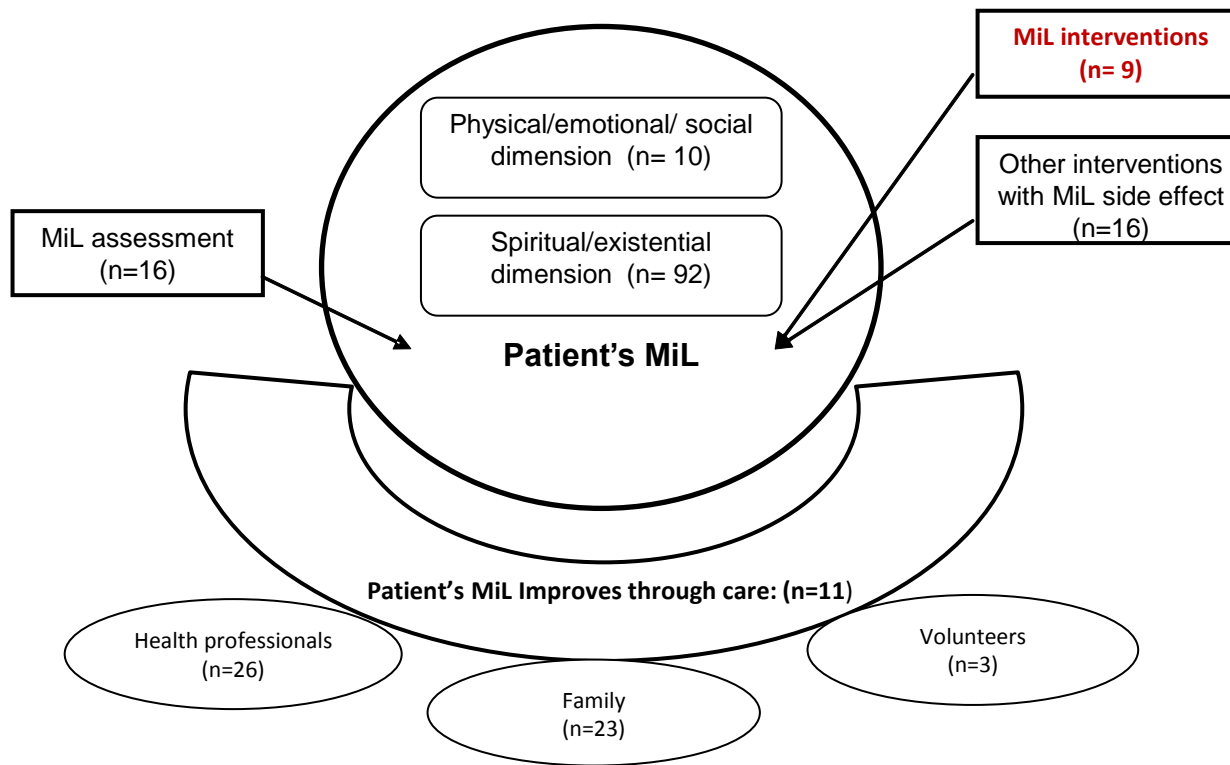
RESULTADOS

207 artículos potencialmente relevantes

Articles' classification regarding the content of the article	Population that receive the intervention				TOTAL
	End of life patients	Family	Health professionals	Volunteers	
1- Meaning in Life (MiL) focused interventions	9	2	4	0	15
2- Other interventions NOT focused in MiL but their results may influence MiL	17	6	7	2	32
3- Articles that analyze the relationship between MiL and physical dimension of the person	2	0	0	0	16
4- Articles that analyse the relationship between MiL and the emotional dimension of the person	8	2	2	0	12
5- Articles that analyze the relationship among MiL and spiritual/existential issues	69	4	6	0	79
6- Articles that analyze the relationship between MiL and care	11	8	7	1	27
7- Articles that explore sources of meaning and/o the need of meaning at the end of life	3	1	0	0	20
8- Reflections regarding MiL at the end of life	20	0	0	0	4
9- Articles focused in instruments of MiL assessment	16	0	0	0	2
	155	23	26	3	207

RESULTADOS

207 artículos potencialmente relevantes



RESULTADOS

Intervenciones

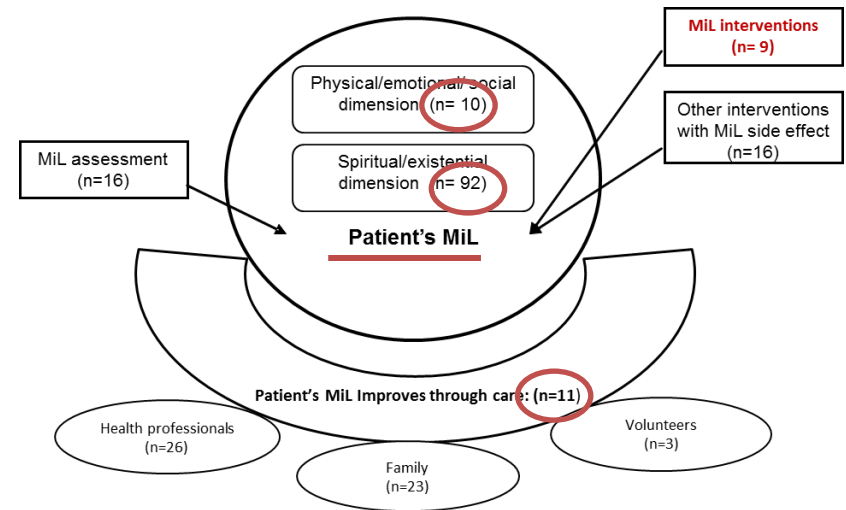
Interventions	Purpose of the intervention	Outcomes measures	Study design
1. Psychotherapy Zuehlke TE, Watkins JT., 1975	To enable patients to continue to value their own existence	Purpose in life, anxiety toward death, psychiatric symptoms	Prospective quantitative study
2. Meaningful Therapy Ishiyama F.I., 1990	To help patients to feel capable of leading an active and fulfilling life	No variables measured	Reflection/commentary article
3. Model of Care Lethborg C, Aranda S, Kissane D., 2008	To encourage to searching meaning and purpose, and to acknowledge suffering	No variables measured	Model of care
4. Psychotherapy Alon S., 2010	To help patients to seek for sources of meaning and hope	No variables measured	Reflection/commentary article
5. Meaning Centered Group Breitbart W, Rosenfeld B, Gibson C, Pessin H, Poppito S, Nelson C, et al., 2010	To help patients to enhance a sense of meaning, peace and purpose in their lives	Spiritual wellbeing, hope, attitude toward hastened death, optimism and anxiety	Randomized controlled trial (RCT)
6. Meaning Making Intervention Henry M, Cohen SR, Lee V, Sauthier P, Provencher D, Drouin P, et al., 2010	To improve existential distress	Existential wellbeing, overall quality of life, distress, anxiety, depression and self-efficacy	RCT
7. Individual Meaning Centered Psychotherapy Breitbart W, Poppito S, Rosenfeld B, Vickers AJ, Li Y, Abbey J, et al., 2012	To improve spiritual wellbeing, meaning, quality of life and hopelessness	Spiritual well-being (meaning/ peace and faith), quality of life, depression, hope	RCT
8. Meaning and Purpose Therapy Lethborg C, Schofield P, Kissane D., 2012	To promote coherence, encouraging meaning and purpose while recognizing suffering and enhancing meaning in relation to others.	No variables measured.	Qualitative study
9. Meaning of Life Intervention Mok E, Lau KP, Lai T, Ching S., 2012	To reflect on their lives based on the sources of meaning in life proposed in logotherapy.	Quality of life and concerns at the end of life.	RCT Pilot study

RESULTADOS

	CONTEXT OF INTERVENTION				MECHANISM			OUTCOMES	
	Year	Country	Framework	Target population	Duration	Development of intervention			Benefits for the patient
						Describes the content	Exists a manual	Specific training	
1. Psychotherapy with dying patients; Zuehlke TE, Watkins JT.	1977	USA	Logotherapy Viktor Frankl	Patients with terminal illnesses	6 individual 45' sessions over 2 week period	+	?	?	- Improved feeling of purposefulness and meaningfulness
2. Meaningful Life Therapy; Ishiyama F.I.	1990	Japan	Morita S.	Palliative care patients	From 1-6 months (2h/week)	+	?	+	Ø (Non-experimental study)
3. Model of care; Lethborg C, Aranda S, Kissane D.	2008	Australia	Logotherapy Viktor Frankl	Advanced cancer patients	Ø	+	-	?	Ø (Non-experimental study)
6. Psychotherapy; Alon S.		Israel	Frankl and Park & Folkman	Terminally ill patients	Ø	-	-	?	Ø (Non-experimental study)
4. Meaning Centered Group Psychotherapy; Breitbart W, Rosenfeld B, Gibson C, Pessin H, Poppito S, Nelson C, et al.	2010	USA	Logotherapy Viktor Frankl	Advanced cancer patients	8 week (90' per week)	+	+	+	- Improves spiritual well-being total score - While both groups showed some increase on Meaning subscale, increases were significantly greater for intervention group patients.
5. Meaning Making Intervention (MMi); Henry M, Cohen SR, Lee V, Sauthier P, Provencher D, Drouin P, et al.		Canada	Park & Folkman	Advanced stage ovarian cancer, home or in-patients	1-4 sessions of 30'-90'	+	+	?	- Improves Meaning subscale and QoL (existential subscale). - No significant differences in psychological distress. - Improves spiritual well-being total score
7. Individual Meaning Centered Psychotherapy; Breitbart W, Poppito S, Rosenfeld B, Vickers AJ, Li Y, Abbey J, et al.	2012	USA	Logotherapy Viktor Frankl	Advanced cancer patients	7 week sessions (1h)	+	+	+	- Improvement of spiritual well-being and QoL. - No significant changes in hopelessness, anxiety and depression. - 2 months post-intervention: no significant differences between control and intervention groups.
8. Meaning and Purpose (MaP) therapy; Lethborg C, Schofield P, Kissane D.		Australia	Logotherapy Viktor Frankl	Advanced cancer patients	6 months (4 individual sessions)	+	+	?	All patients reflected beneficial effects on the therapy. They experienced benefit from stopping to ponder meaning in their life.
9. Meaning of Life Intervention; Mok E, Lau KP, Lai T, Ching S.		China	Logotherapy Viktor Frankl	Advanced stage cancer inpatient	2-3 day (2 interviews)	+	?	+	Increases mean Quality of Life Concerns at the end of life (QOLC-E) total score, the single item QoL score, and the mean of existential distress subscale of the QOLC-E

DISCUSIÓN


- Interés creciente
- La mayor parte, dirigidas a pacientes
 - . n=92: enmarcadas en la dimensión espiritual
 - . n=10: relación de SV con otras dimensiones
- Relevancia del cuidado



- Procedencias diversas
- No especifican necesidad de adaptación cultural

DISCUSIÓN

- Distinta metodología: 5 experimentales
- Sólo uno utiliza escala específica de SV (Purpose in Life)
- Beneficio clínico en bienestar espiritual y calidad de vida
- Marco conceptual similar
- Duración variable
- Profesional: formación necesaria

	CONTEXT	MECHANISM		OUTCOMES	
	INTENTION	Development intervention	Benefits for the patient		
	Technique		Exists a manual	Specific training	
 Psychotherapy with dying patients;	Logotherapy Viktor Frankl	6 individual 45' sessions over 2 week period	?	?	- Improved feeling of purposefulness and meaningfulness
Meaningful Life Therapy;	Morita S.	From 1-6 months (2h/week)	?	+	Ø(Non-experimental study)
Model of care;	Logotherapy Viktor Frankl	Ø	-	?	Ø(Non-experimental study)
Psychotherapy;	Frankl and Park & Folkman	Ø	-	?	Ø (Non-experimental study)
Meaning Centered Group Psychotherapy;	Logotherapy Viktor Frankl	8 week (90' per week)	+	+	- Improves spiritual well-being total score - While both groups showed some increase on Meaning subscale, increases were significantly greater for intervention group patients.
Meaning Making Intervention (MMI);	Park & Folkman	1-4 sessions of 30'-90'	+	?	- Improves Meaning subscale and QoL (existential subscale). - No significant differences in psychological distress. - Improves spiritual well-being total score
Individual Meaning Centered Psychotherapy;	Logotherapy Viktor Frankl	7 week sessions (1h)	+	+	- Improvement of spiritual well-being and QoL. - No significant changes in hopelessness, anxiety and depression. - 2 months post-intervention: no significant differences between control and intervention groups.
Meaning and Purpose (MaP) therapy;	Logotherapy Viktor Frankl	6 months (4 individual sessions)	+	?	All patients reflected beneficial effects on the therapy. They experienced benefit from stopping to ponder meaning in their life.
Meaning of Life Intervention; Mok E, Lau KP, Lai T, Ching S.	Logotherapy Viktor Frankl	2-3 day (2 interviews)	?	+	Increases mean Quality of Life Concerns at the end of life (QOLC-E) total score, the single item QoL score, and the mean of existential distress subscale of the QOLC-E

LIMITACIONES

- Falta de consenso en la conceptualización del SV
- Diversidad de diseños
- Distintas variables de resultado
- Corta esperanza de vida de la población estudiada

Para la investigación

Constructo, factores relacionados y dimensiones en las que actúa

Evidencia científica

Evaluar otro tipo de intervenciones

Para la práctica clínica

Bienestar espiritual y calidad de vida

Importancia de las cuestiones existenciales (13)

Mayor satisfacción del profesional (14)

(13) Bolmsjo I. Existential issues in palliative care--interviews with cancer patients. J Palliat Care 2000;16(2):20-4

(14) Block SD. Perspectives on care at the close of life. Psychological considerations, growth, and transcendence at the end of life: the art of the possible

Muchas gracias

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