

Exploration of the Efficacy of Psychosocial Support for Terminal Ill Patients and their Caregivers in Palliative Care Settings

**Orucho Justine Amadi, Kimberly Miser Otieno, Emmanuel Aswani, Obed Jackson,
Tabitha Onyari, Jacinta Bosibori, Patricia Kantai
Department of Social Studies, Maasai Mara University
P.O Box 861-20500, Narok, Kenya
Tel: +254 702532633
Email: orucho@mmarau.ac.ke**

Abstract

Terminal illness can have a profound impact on patients and their caregivers, often leading to emotional distress and a reduced quality of life. Palliative care settings often provide psychosocial support to address these issues, but the efficacy of such support is not well understood. This study aims to explore the efficacy of psychosocial support for terminal ill patients and their caregivers in palliative care settings. Psychosocial support in palliative care aims to address the emotional, social, and spiritual needs of patients and their caregivers. However, research on the efficacy of such support is limited. This study seeks to add to the existing body of knowledge on this topic. The purpose of this study is to explore the efficacy of psychosocial support for terminal ill patients and their caregivers in palliative care settings. The study aims to understand the types of support provided, their effectiveness, and any challenges or limitations in providing such support. The study employed a qualitative research design, using in-depth interviews with terminal ill patients, their caregivers, and social workers in palliative care settings. The data collected was transcribed, translated, and analyzed thematically to identify patterns and themes. The findings of this study highlight the importance of psychosocial support in palliative care, both for patients and their caregivers. Patients reported improvements in emotional well-being and coping skills, while caregivers expressed gratitude for the support provided. Social workers identified challenges in providing support, such as cultural and language barriers, and the need for ongoing training and education. Based on the findings of this study, it is recommended that palliative care settings prioritize psychosocial support for terminal ill patients and their caregivers. Healthcare providers should receive ongoing training and education in providing such support, and efforts should be made to address cultural and language barriers. Future research should focus on identifying the most effective forms of psychosocial support and how to ensure that such support is accessible to all patients and caregivers.

Key words: Psychosocial support, Terminal illness, Caregivers, Palliative care, Coping mechanisms, Holistic care, Cultural competence