

# Mental health counseling for patients undergoing chemotherapy



Irawati Anwar<sup>a,b</sup>   | Suwarda Yunus<sup>a</sup>  | Iwan<sup>a</sup> 

<sup>a</sup>Department of nursing, Stikes Graha Eduksi Makassar, Indonesia  
<sup>b</sup>Ibnu Sina Hospital YW-UMI, Indonesia

**Abstract:** Malignant disease with chemotherapy is the highest incidence of disease in the world, the treatment that patients go through makes them worried and anxiety, this occurs by itself and affects the patient's immune system. This anxiety requires support and mental strengthening from both the family and health service providers. Counseling or education is needed for patients and families to increase the effectiveness of the patient's mental health. Family support helps improve physical health and also psychological health. So that the side effects of chemotherapy can be minimized, and there will be changes in behavior and increase patient compliance with treatment.

**Keywords:** Cancer, Anxiety, Chemotherapy

## 1. Introduction

Cancer is one of the most incident malignant diseases in the world. Cancer in terms of treatment is also different from other diseases such as chemotherapy so that patients who are diagnosed with cancer plus chemotherapy treatment that will be undergone have experienced several psychological responses such as rejection, anxiety and even depression (Hafsah, 2022).

Anxiety is a feeling of discomfort and provides a response that is unknown to the individual himself (Minggawati & Herawati, 2024). The anxiety that arises can cause a decrease in immunity which, if not treated properly, the growth of the cancer stage can be faster, so it can be the main obstacle in the chemotherapy process (Seputri, 2024). In addition, the side effects of chemotherapy can also result in physical limitations and loss of work capacity in meeting basic life needs (Hafsah, 2022). Therefore, the role of nurses is needed in overcoming these conditions.

Nurses have a role as extension agents (Law of the Republic of Indonesia No.38, 2014). Providing education in the patient treatment process is one of the responsibilities of nurses in providing teaching to patients and families to provide information and knowledge related to the treatment process (Azkiya et al., 2024). To increase patient knowledge during chemotherapy, health counseling is one of the necessary efforts so that the community does not just understand but is able to apply the health education provided (Naziratul Khoiriah, 2024).

The community service team will conduct counseling to outpatients at Ibnu Sina YW-UMI Makassar Hospital, this is supported by research conducted by Rebecca that the influence of chemotherapy education provides an increase in satisfaction for nurses after chemotherapy (Gallegos et al., 2019).

## 2. Materials and Methods

Health counseling at the Oncology Center of Ibnu Sina Hospital YW-UMI Makassar with group counseling methods includes lectures, discussions and questions and answers to patients and their families with the following agenda of service activities (Table 1.)

## 3. Results and Discussion

### Preparation Stage

The preparation began by determining the purpose of counseling to increase the understanding of the families of chemotherapy patients about the importance of mental health to patients during chemotherapy, the purpose of the activity was supported by Jessica that to answer all the patient's questions regarding whether chemotherapy treatment was successful or how the overall impact on daily activities that could change their lives was to provide education and resources (Jessica,



2016). After it is clear, the team then creates an Extension Event Unit (SAP) by preparing tools and materials that will be used during the extension.

**Tabel 1:** Planning of Action (POA)

No	Time	Extension activities	Participant activities
1	5 minutes	Unveiling: 1. Introduce yourself 2. Conveying the purpose and objectives of the implementation of counseling 3. Exploring the target knowledge about the material to be delivered	1. Answering greetings 2. Pay attention to answering questions
2	35 minutes	Implementation: 1. Explaining about chemotherapy 2. Explaining about the purpose of chemotherapy 3. Explaining the psychological side effects in the form of anxiety before and after chemotherapy. 4. Explaining how to handle psychological side effects during chemotherapy.	1. Listen to explanations 2. Ask questions about the material
3	20 minutes	Evaluation: 1. Asking the family to explain again about chemotherapy 2. What is the purpose of chemotherapy 3. What are the psychological side effects and how to handle them during chemotherapy	1. Pay attention to explanations 2. Answering questions from counseling
4	5 minutes	Closing: 1. Summarizing the material 2. Delivering the evaluation results and feedback 3. Expressing gratitude for the participation and saying goodbye	Answering greetings

**Implementation Stage**

This counseling is carried out by involving not only patients and nurses but other related parties, namely families, in the hope of increasing the effectiveness of mental health counseling because with the support of the family, it can help improve not only their physical health but also their psychology (Hasanah, 2023). Counseling activities begin by providing information about health problems that will be experienced by chemotherapy patients, followed by providing explanations about what health services can be provided while undergoing chemotherapy because they are related to the development of the disease and explanations of treatment plans that result in delayed decision-making, one of the reasons is that patients are not given information (Rahmah, 2023). In addition to patients, families are also provided with education related to mental health that is likely to arise due to the side effects of chemotherapy to be able to help patients change their health behavior for the better (Naziratul Khoiriah, 2024). After the education, patients and their families are given motivation in the form of positive encouragement regarding the conditions that will be caused during chemotherapy.

**4. Conclusions**

The anxiety of patients undergoing chemotherapy with counseling methods can be ensured that all education related to chemotherapy side effects can be minimized. In addition, with counseling, it is hoped that there will be changes in behavior and increase patient compliance in treatment so that the process during chemotherapy treatment can improve the treatment outcomes of cancer patients.

**Conflict of Interest**

No conflicts of interest

**Acknowledgement**

We would like to thank all parties related to Ibnu Sina YW-UMI Hospital, chemotherapy patients and their families, and all nurses of the Oncology Unit who are directly involved in this community service

**References**

Azkiya, M. W., Ardiana, A., & Afandi, A. T. (2024). Pengaruh Edukasi terhadap Kecemasan Pasien Kanker Kolorektal pada



- Kemoterapi Pertama Kali: Studi Kasus. *Jurnal Keperawatan Profesional (KEPO)*, 5(1), 122–129. <https://doi.org/10.36590/kepo.v5i1.934>
- Gallegos, R., Kogelman, A., Wagner, M., Cloud, A., Olson, M., Robideau, K., Patrick, L., Comfort, J., & Hirko, K. (2019). *Chemotherapy Education*. 23(3), 309–315.
- Hafsah, L. (2022). Gambaran Tingkat Kecemasan Pada Pasien Kanker Yang Menjalani Kemoterapi Di RSUD Dr.M.Yunus Bengkulu. *Jurnal Vokasi Keperawatan (JVK)*, 5(1), 21–28. <https://doi.org/10.33369/jvk.v5i1.22338>
- Hasanah, U. H. (2023). Hubungan dukungan keluarga dengan tingkat kenyamanan pasien pasca operasi kanker payudara dengan kemoterapi. *Repository.Unissula.Ac.Id*.
- Jessica. (2016). *Training Oncology Health Care Professionals: An Appreciative Inquiry Approach on Evaluating Patient Satisfaction of Chemotherapy Education*.
- Minggawati, Z. A., & Herawati, T. (2024). Tingkat Kecemasan Pasien Kanker Payudara Dalam Menjalani Kemoterapi Di Klinik Utama Perisai Husada Bandung. *Jurnal Ilmiah JKA (Jurnal Kesehatan Aeromedika)*, 10(1), 82–87. <https://doi.org/10.58550/jka.v10i1.250>
- Naziratul khoiriah, 2024. (2024). *Penyuluhan Kesehatan Terhadap Koping Pasien Kanker Nasofaring Yang Akan Menjalani Kemoterapi*.
- Rahmah, A. W. (2023). *Efektifitas Penyuluhan Dengan Metode Ceramah Antara Penggunaan Media Slide Dan Media Video Terhadap Peningkatan Pengetahuan Tentang Periksa Payudara Sendiri ( Sadari ) the Effectiveness of Counseling With the Lecture Method Between the Use of Slide Media .*
- Seputri, T. M. (2024). *Tingkat kecemasan pasien kanker yang menjalani kemoterapi Literature review level anxiety of cancer patients who is undergoing chemotherapy*. 2(September), 744–749.
- UU RI No.38. (2014). Undang-Undang RI No. 38. *Tentang Keperawatan*, 10, 2–4.