

Swedish Psycho-Oncology Society SWEDPOS

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Psycho-Oncology history

- 1970's Dr Loma Feigenberg, Karolinska, Stockholm
- 1980's International Psycho-Oncology Society (IPOS), Dr Jimmie Holland
- 1990's Psycho-Oncology Units in Sweden, first professor of Psycho-Oncology, Christina Bolund
Nordic Psycho-Oncology Society (extinct)
- 2000's SWEDPOS

What is a Psycho-Oncology problem?

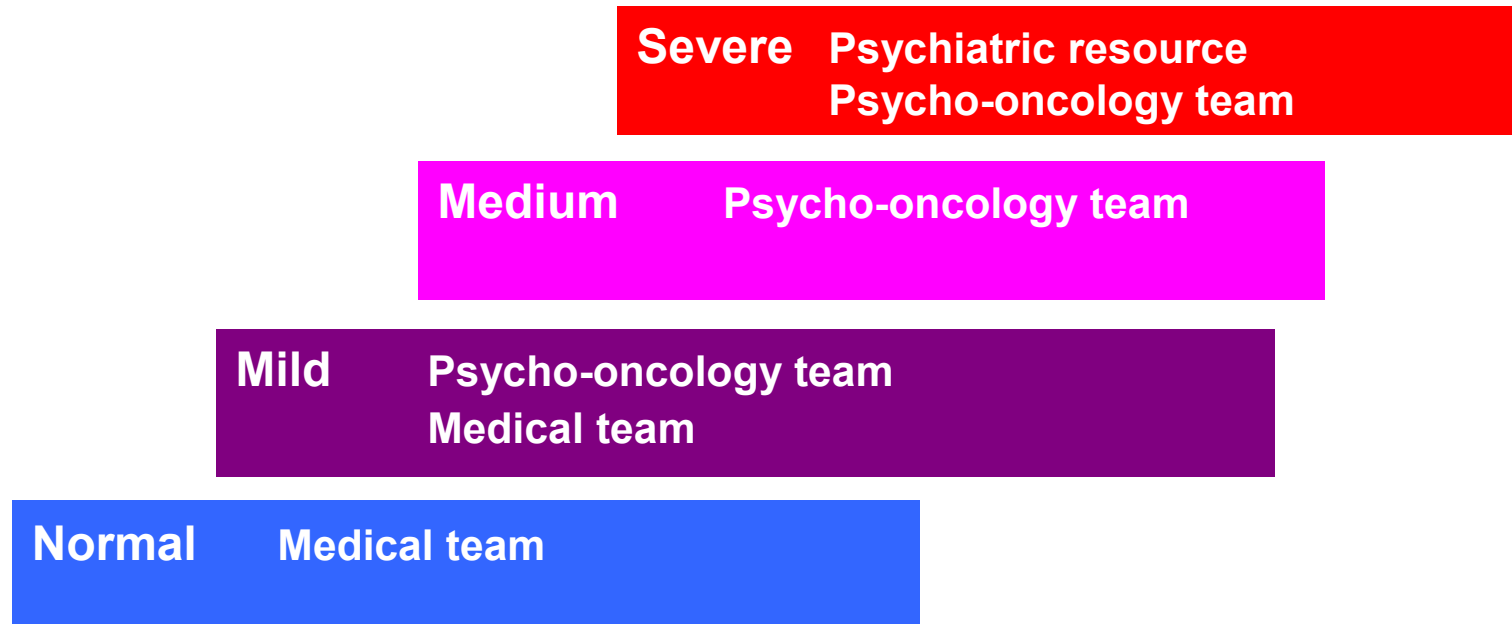
- Psychological symptoms, i.e. depression, anxiety, stress
- Economic problems
- Sexual problems
- Relational problems
- Existential problems

How frequent are the problems?

25-30% of cancer patients or their relatives experience psychosocial distress at a level that needs professional care.

Screening for psycho-oncology problems

Severity of Problems



Distress ladder by IPOS

What is a psycho-oncology team?

A team including many professions:

- Physician
 - Nurse
 - Psychologist
 - Social worker
 - Physiotherapist
-
- sometimes also occupational therapist, dietician and priest

Psycho-Oncology Units in Sweden

- Stockholm
- Lund
- Kristianstad
- Göteborg
- Uppsala
- Umeå

What is psycho-oncology treatment?

- Cross-competence between oncology and psychology/psychiatry/psychotherapy
- Individual, pair, family or group

What is psycho-oncology treatment?

- Different treatments including
 - Psychodidactic interventions
 - Pharmacology
 - Psychotherapeutic treatments (CBT, family therapy, psychodynamic therapy, art therapy)
 - Physical treatments (massage, Basic Body Awareness Therapy (BBAT), acupuncture, hypnosis)

Current Psycho-Oncology issues in Sweden

- Cancer patients are treated unequally
 - Geographically
 - Within the same hospital
- No Psycho-Oncology guidelines exist
- Lack of research

The first board of SWEDPOS



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Aim of SWEDPOS

Adequate psychosocial support and
rehabilitation
for all Swedish cancer patients
and their relatives
in all phases of the disease

Key issues for SWEDPOS

- National Guidelines
- National register of quality
 - Monitoring of symptoms and treatment results
 - Inventory of national resources
- Education for cancer HCP
 - Screening for psychosocial problems
 - Admittance to the appropriate level of care

How can we achieve the aims?

- National Cancer Plan
- Cooperation with other organisations
 - the Swedish Cancer Fund
 - patient advocacy organisations
 - IPOS, international organisations
 - All cancer care organisations in Sweden
 - Nordic cooperation

Welcome to www.swedpos.se



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