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COMMUNICATION WITH TERMINALLY ILL PATIENTS

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Relevance. Giving a patient very bad news is a difficult task for the physician. Being a death-marked patient or taking care of a terminally ill relative is stressful for both patients themselves and their families. The relevance of the study lies in the lack of algorithms and support programs that can properly prepare a terminally ill patient for communication with relatives and close people.

Aim: to analyze the data of the psychological services of different countries in comparison with Belarus, to establish recommendatory measures to help in terminally ill patients' communication. One of the tasks is to understand how a patient who has no relatives or close people can establish a dialogue with himself; find out who can help him.

Materials and methods. A survey was conducted among BSMU students of different ages (17-32). It included questions about their ability to overcome individual and professional stress in case of dealing with a dying person. Programs to help and support communication with terminally ill people were studied.

Results and discussion. The death of a loved one often becomes a heavy burden for his family. The methods by which a doctor communicates and reports death play a big role. It is these things that can affect completely different emotional reactions of relatives in relation to the doctor himself, to themselves and, most importantly, to the patient. It can also determine their further psychological state for a fairly long period of time. A social survey was conducted among BSMU students, asking if they had any ideas how to help this type of communication, how to make the last minutes of a patient's life happier. The results showed that many people were familiar with social programs that provided funds, specialists, medicines, and simply letters of support for terminally ill patients. Several examples of such interaction are presented in the work. There are special methods for children which help them to be liberated, to become closer to someone who wants to help. In this case, animators in the costume of various superheroes, cartoon characters are frequently invited. Children are visited by actors to help in overcoming stress. Elderly patients usually require the help of a geriatrist. Archive data from social services for terminally ill patients were studied. They proved the importance of such services in establishing contacts between the patient and relatives in the last minutes of his life. One of the methods for creating algorithms and support programs is the collection of archive data on the types of psychological assistance to terminal patients.

Conclusions. As a result of this work, the types of palliative assistance to patients in their socialization and assistance in dialogue with loved ones were determined. Similar foreign services have shown an excellent incentive to move in this direction in our country. At the same time, our services also showed high efficiency in establishing contacts between terminal patients and the external world.