Identifying Problems Faced by Spouses and Partners of Patients With Prostate Cancer

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Purpose/Objectives: To describe problems chosen as targets of problem-solving therapy by spouses and partners of patients with prostate cancer.

Design: Descriptive, cross-sectional.

Setting: Spouses’ and partners’ homes.

Sample: Spouses and partners (N = 66) aged 32–79 years (X = 60 years). The sample was predominantly Caucasian (82%) and African American (8%).

Methods: As part of a randomized clinical trial, women received problem-solving therapy to help manage issues related to their husbands’ or partners’ prostate cancer. The issues they chose to address during therapy and the categorization of the issues fell into four groups: treatment and side-effect issues, patient issues, family issues, and spouse issues. Scores on the Social Problem-Solving Inventory–Revised, which measures everyday problem-solving skills, and the Profile of Mood States, which measures mood disturbance, were contrasted with the problems women chose to address.

Main Research Variables: Problems faced by spouses and partners of patients with prostate cancer.

Findings: The most frequently reported categories were spouse issues (e.g., women’s emotional well-being, balancing their medical concerns with their husbands’ condition) and patient issues (e.g., men’s lack of communication, fear, or depression).

Conclusions: Findings of this study alert nurses to a variety of key problem areas for spouses and partners of patients with prostate cancer.

Implications for Nursing: Spouses and partners play a critical role when their loved ones have cancer. Understanding the problems spouses and partners face can help nurses design optimal supportive care interventions.

Key Points . . .

➤ Because spouses and partners play a critical role when men are diagnosed with prostate cancer, they need to be offered optimal support.

➤ A prostate cancer diagnosis uniquely affects patients’ spouses and partners, but the associated problems seldom have been investigated. Healthcare providers should not assume that problems faced by spouses and partners revolve solely around treatment-related issues.

➤ Meeting the needs of spouses and partners throughout the illness trajectory is important to improve quality of life for both members of the dyad.

Because the disease, treatment sequelae, and emotional consequences must be managed. Therefore, attention is being focused increasingly on improving quality of life postdiagnosis.

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