BELIEFS AND RESILIENCE OF FAMILIES EXPERIENCING CANCER OF THE COLON AND RECTUM: A LITERATURE REVIEW

INTRODUCTION: The impact of cancer diagnosis is often scary, because despite advances in early diagnosis and treatment, allowing an improvement in survival and quality of life, remains the stigma of painful disease, disabling and associated with hopelessness, pain, fear and death. Among intestine cancers, the colon and rectum is one of the most common malignancies in our population. Surgery is considered the primary treatment for this type of cancer where the tumor is removed along with part of the colon or rectum is often necessary to perform a temporary or permanent colostomy.¹ The experience of cancer and a colostomy can permanently change the persons life and his family. Thus, while families are stunned by such events, it is remarkable that some emerge from these experiences strengthened and more resourceful. This can be understood through the concept of resilience that refers to an individuals ability to overcome the difficulties experienced due to the illness and give new meaning to life. From this perspective, beliefs are considered powerful forces for resilience.²

OBJECTIVE: This study aimed to reflect on the theme of beliefs and resilience of family that experiences cancer, especially colorectal, based on a literature review. METHODOLOGY: It constitutes a literature review, in which it undertook a search of electronic databases: the Latin American and Caribbean Health Sciences (LILACS), Scientific Electronic Library Online (SciELO) and Database of Nursing (BDEnf) and using the Google Academic to find papers, books and materials available online from INCA. The keywords used were cancer, colorectal cancer, family resilience. Data collection took place in September 2011. For the inclusion of studies defined the following criteria: Article in full text, in Portuguese, available on line and address the topic in question. In total were found 212 articles, and of these only 35 followed the inclusion criteria. RESULTS: The discovery of a cancer diagnosis occurs within a family context, triggering changes in the family as a whole, so the family to a greater or lesser extent, are affected by situations arising from the disease.³ Thus, considering the links established between family members, it is recognized that family relationships in case of the chronic condition may change, depending on the degree of stability and ties that its members maintain among themselves. The reaction that the family shows is also influenced by how society deals with issues such as illness, sick person, addiction, aging, and many other aspects that are
beyond the standards considered normal. This situation is most noticeable in the case of chronic condition as câncer. In this sense, the study shows that resilience is defined as the ability to respond more consistently to the challenges and difficulties, to react with flexibility and resilience in the face of challenges and unfavorable circumstances, having an optimistic attitude, positive, persevering and maintaining a balance dinâmico.5 A family resilience lens changes the perspective of looking at families in distress as problematic to regard them as challenged, confirming its potential for repair and crescimento.2 Confirmation of the diagnosis, the treatment, a colostomy and the use of a collector bag, together with the meanings attributed to the disease, imposes the family to a generating process of suffering. The way each one will act depends on your pre-conceptions in relation to illness. Thus, the whole operation family-centered is in belief system, considering the powerful forces in resilência.2 The beliefs can be divided into restrictive and facilitative. The facilitative beliefs increase options for problem solving, healing and growth, while the restrictive beliefs perpetuate problems and restrict options.2 Thus, considering the nursing care in oncology, applying the concept of resilience creates opportunities for reflection, in addition to expanding the ways of seeing and doing the exercise of enfermeiro.5 Therefore, it is important to be clear that resilience is not an innate gift, it can be learned, developed and promoted in people and families.2 CONCLUSION: Given the uniqueness that every family experiences the occurrence of a disease like cancer, especially colon and rectum, there is a paucity of studies that bring the importance of beliefs in the context of resilience to this type of event. It is considered necessary to carry out studies that address this issue.

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