

## ABSTRACT

### **Study the effects of social and leisure activities in controlling the symptoms of patients with advanced cancer in a palliative care unit**

**Authors:** Leonardi N.T.; Colombino I.C.F.; Carvalho F.A.; Rodrigues L.F.; Ferreira A.S.M.

**Introduction.** Patients with advanced cancer may have a variety of symptoms that disturb their quality of life such as pain, fatigue, anorexia, dry mouth, and constipation, shortness of breath and loss of appetite. These patients require complex care called palliative care, which aim to relieve symptoms providing comfort and improved well-being and quality of life, making use of pharmacological and non-pharmacological approaches, such as social and leisure activities within and outside the hospital, which provide moments of distraction, relaxation, socialization and comfort to patients and may pass on your symptoms. **Objective.** Evaluate the effects of social and leisure activities in improving symptoms of advanced cancer patients in a Palliative Care Unit. **Methods.** A sample of 26 hospitalized patients was used and the symptoms were analyzed using the ESAS in four moments: the day before the activity, immediately before the activity, immediately after the activity and the day after the activity, and the use of oxygen therapy and use of opioids in three moments: the day before, day of activity and the day after. Qualitative analysis was performed through interviews and the speeches were transcribed and analyzed by Bardin content analysis. **Results.** It was not observed statistically significant differences in symptoms of ESAS comparing the assessed moments. However, improvement and maintenance rates were observed more than the worsening rates comparing the moments immediately after with before the activity, especially for depression, drowsiness and dyspnea. The oxygen use analysis and use of opioids showed no statistically significant differences over time. Qualitative analysis identified four categories: (1) take the focus of the disease, (2) the importance of the moment, (3) interpersonal relationships and (4) Wellbeing. **Conclusions.** We suggested that Social and leisure activities can be used as a complementary therapy in relieving symptoms such as depression, drowsiness and dyspnea in patients with advanced cancer in palliative care.

**Keys Words:** Palliative Care; Neoplasms; Leisure Activities; Signs and Symptoms, Complementary Therapies