

# **Exploration of the Efficacy of Psychosocial Support for Terminally Ill Patients and their Caregivers in Palliative Care Settings**

**Kimberly Miser Otieno<sup>1\*</sup>, Emmanuel Aswani<sup>2</sup>, Obed Jackson<sup>3</sup>, Tabitha Onyari<sup>4</sup>, Jacinta Bosibori<sup>5</sup>, Patricia Kantai<sup>6</sup>, Orucho Justine Amadi<sup>7</sup>**

<sup>1-6</sup> **Third year students, B.A Social Work, Maasai Mara University**

<sup>7</sup> **Social work Lecturer, Maasai Mara University**

**Department of Social Studies, Maasai Mara University**

**P.O Box 861-20500, Narok, Kenya**

**Tel: +254 794530846**

**Email: [kodak1296@gmail.com](mailto:kodak1296@gmail.com)**

## **Abstract**

Terminal illness can have a profound impact on patients and their caregivers, often leading to emotional distress and a reduced quality of life. Palliative care settings often provide psychosocial support to address these issues, but the efficacy of such support is not well understood. This study aims to explore the efficacy of psychosocial support for terminally ill patients and their caregivers in palliative care settings. Psychosocial support in palliative care aims to address the emotional, social, and spiritual needs of patients and their caregivers. However, research on the efficacy of such support is limited. The study employed a qualitative research design, using in-depth interviews with terminally ill patients, their caregivers, and social workers in palliative care settings. The data collected was transcribed, translated, and analyzed thematically to identify patterns and themes. The findings of this study highlight the importance of psychosocial support in palliative care, both for patients and their caregivers. Patients reported improvements in emotional well-being and coping skills, while caregivers expressed gratitude for the support provided. Social workers identified challenges in providing support, such as cultural and language barriers, and the need for ongoing training and education. Based on the findings of this study, it is recommended that palliative care settings prioritize psychosocial support for terminal ill patients and their caregivers. Healthcare providers should receive ongoing training and education in providing such support, and efforts should be made to address cultural and language barriers.

**Key words:** Psychosocial support, Terminal illness, Caregivers, Palliative care, Coping mechanisms, Holistic care, Cultural competence