

Narrative Approach to Chronic Illness²

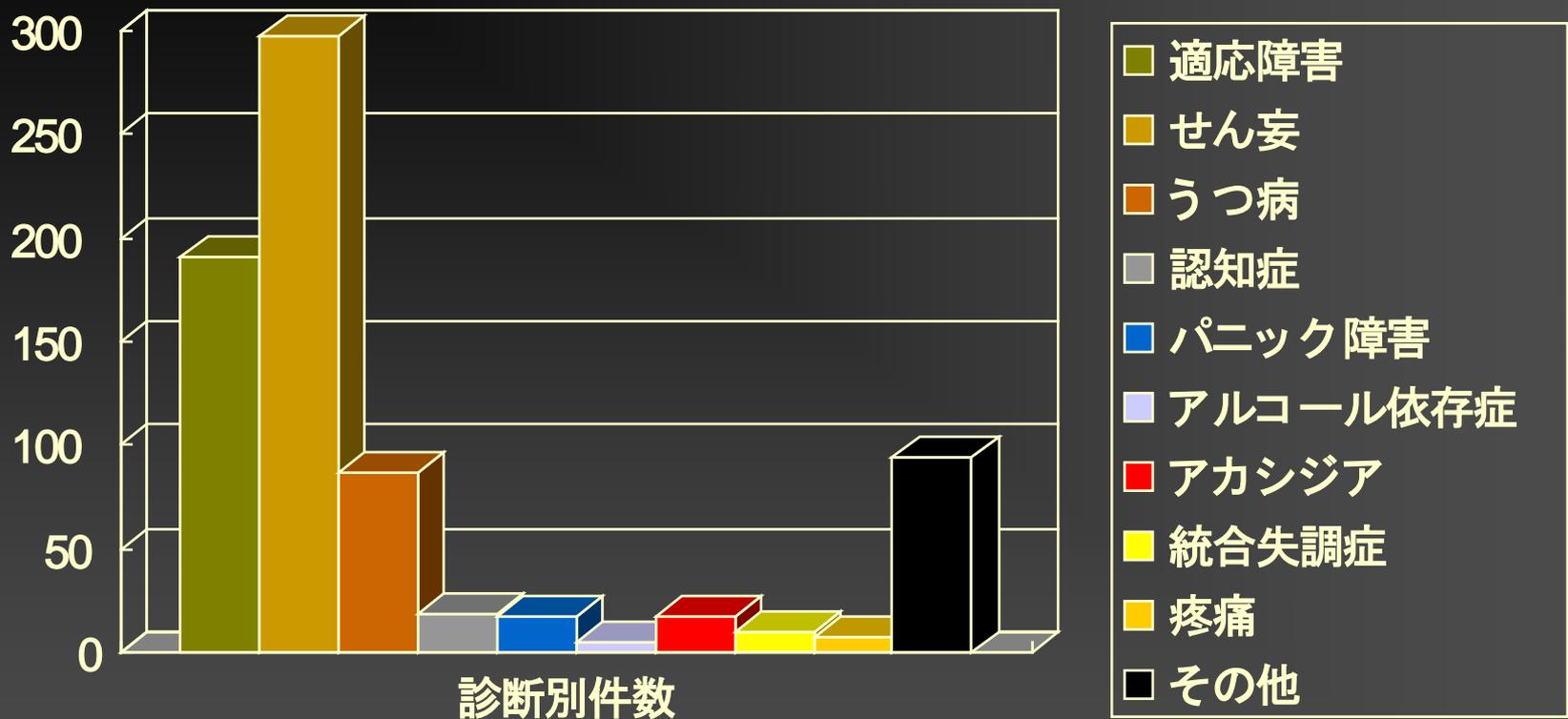
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What is Palliative Care Team?

- The fulltime team supporting the palliative care for the physical symptom (pain, fatigue, or respiratory distress, etc.) and/or the mental symptom (anxiety, depression, etc.) of the cancer patient or AIDS patients in admission, with his/her own consent.
 - Psychiatrist, Palliative care doctor, and the qualified nurse for the palliative care are needed.
 - 4000 yen/per is charged.
 - The number of the charged patients/day is within 30.
-

The diagnosis of the referred patients to the psycho-oncologist in ACC in 2006–2009; 745 cases



Adjustment disorder, Delirium, Depression (from top)

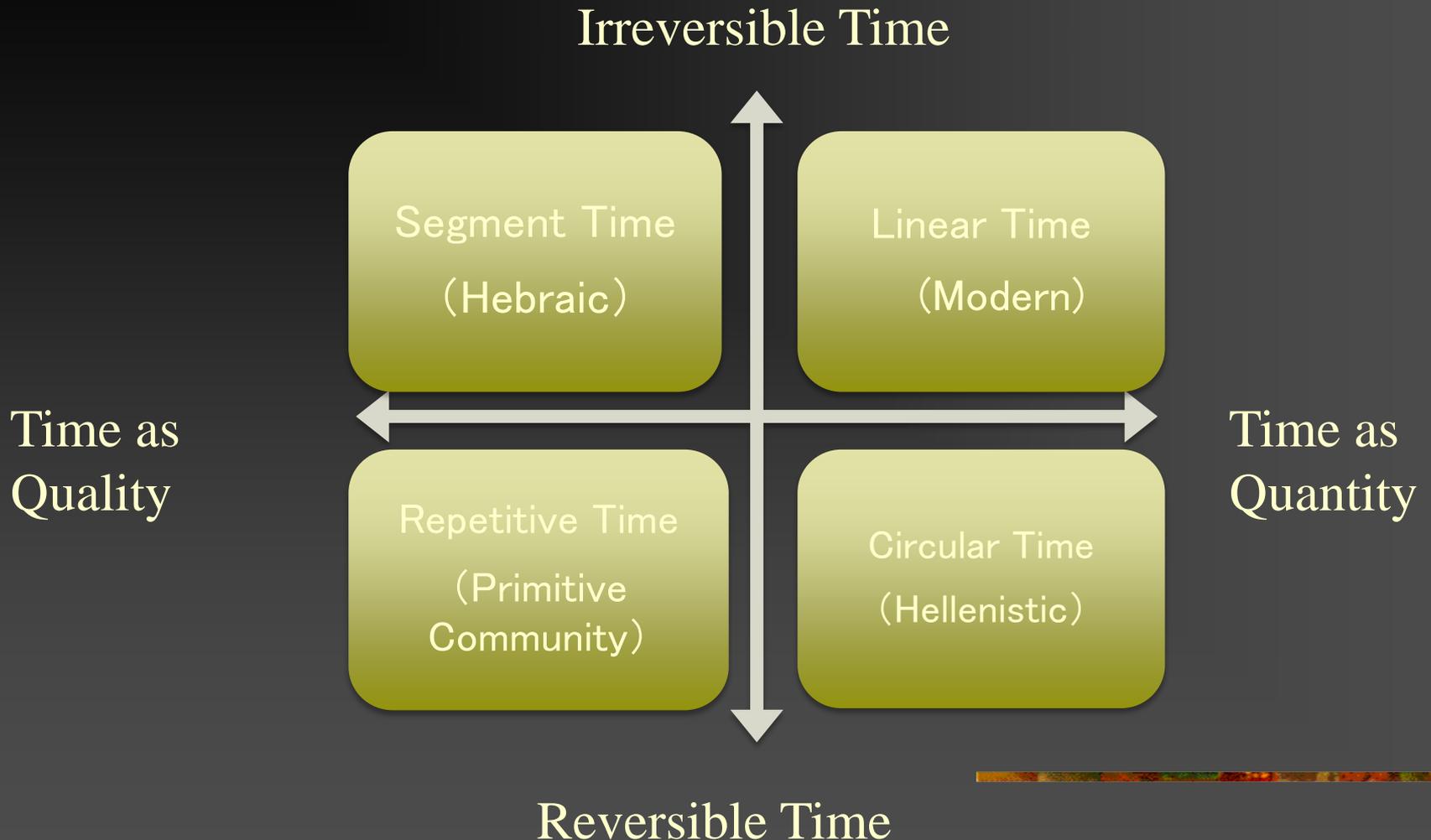
The classification of the time

	Kimura	McTaggart	Maki
Subjective	Time as “event”	A	Linear Segment Circular Repetitive
Objective	Time as “thing”	B	—
Still time	—	C	—

Time sensation in the Palliative Care

	Bio- Logical Perspec- tive	Psycho- Logical Perspec- tive	Socio- Logical Perspec- tive	Existen- Tial Perspec- tive	Therapeutic shared time Perspec- tive
Adjustment disorder	×	○	○	×	$A \rightarrow A$
Depression	○	○	○	×	$A \rightarrow A / B$
Delirium	⊙	×	×	×	$C \rightarrow B$
End of life stage	×	×	×	⊙	$A \rightarrow A$

4 fundamental form of the Time (Maki, 1981)



The classification of the auto- biography (Ishikawa, 1997)

Content/motivation	Autobiography questioning “I”	Diary	Autobiography Questioning “Time”
No time	Self-descriptive	X	X
No time discussion	Romantic autobiography 1		Cryptic autobiography 1
Only time vertigo	Romantic autobiography 2		Cryptic autobiography 2
Enlightenment of time	X	X	Autobiography through mourning
redemption	X	X	Romanesque autobiography

The comparison of the romantic auto- biography, the diary, and the self-descriptive letter

	autobiography	diary	Self-descriptive letter
Example of works	Rousseau, J.J. "Confession"	Takemitsu, T. "Silent garden"	O' Connor, F. "The Habit of Being"
Motivation	Search for self	Search for self or Time	Search/transmission of self
Content	Chronological. Reminiscence.	No ending	Not chronological. Multiplicity of self.
Time sense	Past to present	Present to future	Past to present, present to future
address	readers	myself	family
Clinical application	Reminiscence	Survival diary	Dignity Therapy

Different problems with time and the personal future in psychiatric disorder (Melges, 1982)

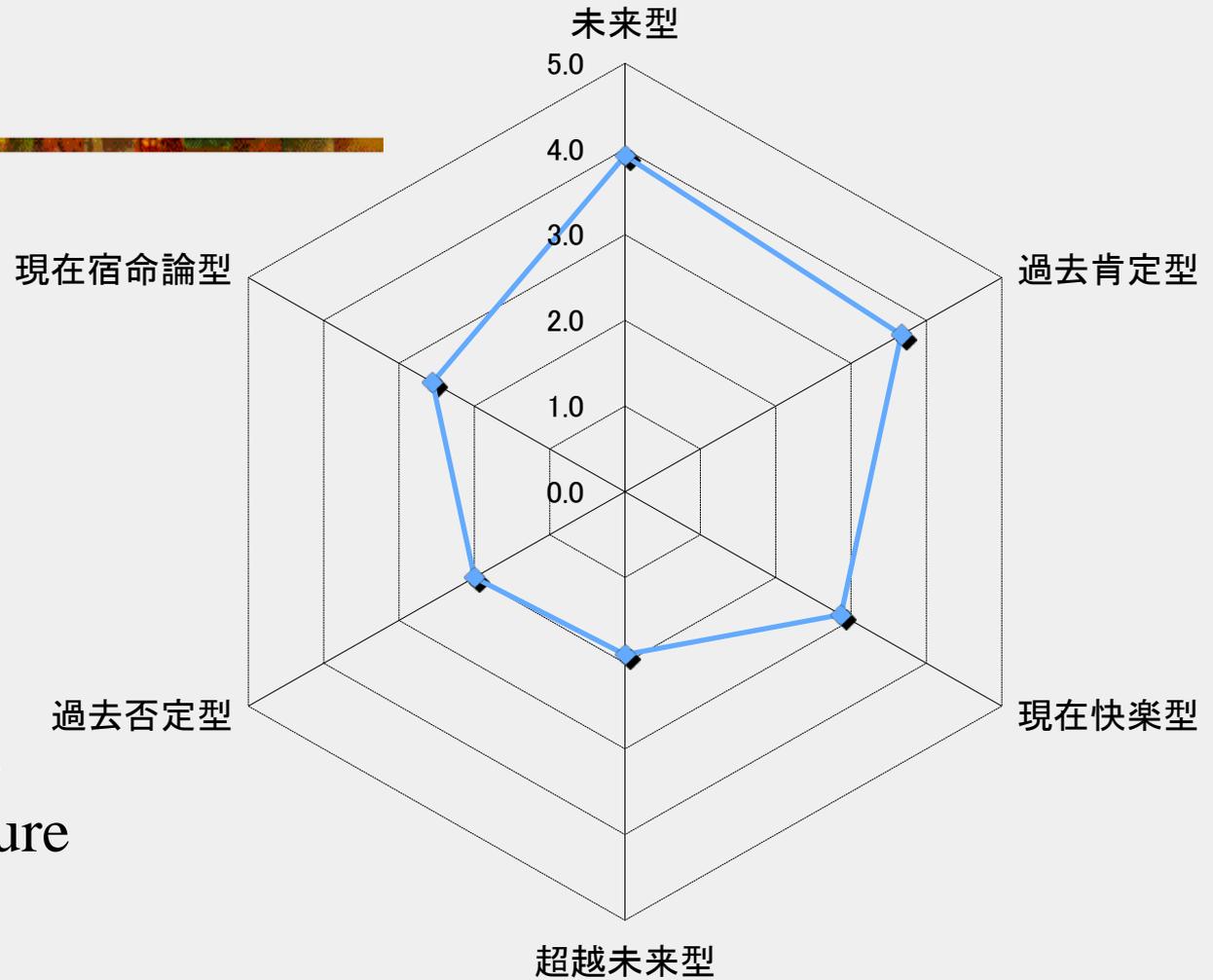
	Time Problem	Personal Future	Psychiatric Disorder
1	Time disorientation	Confused	Organic brain disease
2	Temporal disintegration of sequence	Fragmented	Schizophrenic disorders
3	Rate and rhythm problems: Increased rate Decreased rate	Over-expanded Blocked	Mania Depression
4	Temporal perspective problems: Over-focus on future Over-focus on past Over-focus on present	Threatened Dreaded (uncertain) Disregarded	Paranoid disorders Anxiety disorders Antisocial personality
5	Desynchronized transactions	Ambivalent	Adjustment disorders

Zimbardo Time Perspective Inventory Items(1999)

- 1 I believe that getting together with one's friends to party is one of life's important pleasures.
- 2 Familiar childhood sights, sounds, smells often bring back a flood of wonderful memories.
- 3 Fate determines much in my life.
- 4 I often think of what I should have done differently in my life.
- 5 My decisions are mostly influenced by people and things around me.
- 6 I believe that a person's day should be planned ahead each morning.
- 7 It gives me pleasure to think about my past.
- 8 I do things impulsively.
- ... 56 There will always be time to catch up on my work.
- Respondents are asked to read each item and, as honestly as they can, answer the following question: "How characteristic or true is this of you?" (1=very uncharacteristic, ...5=Very characteristic).

Zimbardo Time Perspective

Case 1: 49M



Future

Past-positive

Present-Hedonistic

Transcendental future

Past-Negative

Present-Fatalistic

(from top, clockwise)

Time: the neglected perspective



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