Abstract

The objective of palliative medicine is to take care of patients who are suffering from terminal diseases. In Spain, there are many palliative care units although not all of them carry out multidisciplinary interventions, which are very relevant for the successful relief of suffering and for improving patient quality of life. The aim of this study is to analyze coping strategies used by patients in palliative care units who had accepted their terminal disease and their relation with hardy personality type. For this purpose, a short interview form was applied. Results show that patients use positive coping strategies including planned problem-solving, seeking alternative reward and positive reappraisal. One interesting finding was that challenge was a component of hardy personality. This could mean that these patients take this experience as an opportunity for personal growth.

Keywords

Palliative care, Coping, Hardy personality.