

Occupational Therapy Experience of a Postoperative Thyroid Tumor Patient with Loss of Speech

write a gratitude Letter to her family

—Change from "I want to die" to "It's good to be alive."—

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<Background>

Japanese studies have reported that voice loss is more painful than the experience of bereavement of a close relative.

Ms. A was hospitalized for dyspnea caused by a thyroid tumor and underwent a tracheotomy, resulting in the loss of her voice. She complained that she wanted to die because she could not speak eternally.

<Methods>

She has lowered her expectation of success and has become pessimistic about her life due to the loss of verbal expression in MOHOST.

Japanese studies have shown that gratitude has positive correlation with positive feelings.

Therefore, We proposed that she write gratitude letters to her family in order to increase their positive perception of life.

Volition				Habituation				Communication and Interaction Skills				Process Skills				Motor Skills				Environment			
Assessment of Competence	Expectations of Success	Interests	Choice	Routines	Adaptability	Roles	Responsibility	Nonverbal Skills	Conversation	Spoken Expression	Relationships	Knowledge	Timing	Organization	Problem solving	Posture and Mobility	Cooperation	Power and Effort	Energy	Physical Space	Physical Resources	Social groups	Work demands
F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F
(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)	(A)
I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I
(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)	(R)

MOHOST Results Table

<Results>

She actively wrote letters to her family outside of occupational therapy, and her self-efficacy was improved.

After completing the letters to her family, she also wrote a gratitude letter to the nursing home staffs and requested an visitation with them.

During the visitation, we shared the joy of reunion.

After the visitation, she said, "There are good things in life, and I don't want to die yet.

<Conclusion>

She was disappointed in her life due to the loss of social interaction caused by the loss of voice.

Writing gratitude letters to her family improved her sense of self-efficacy and increased her work to express gratitude to people outside her family.

We believe that writing letters of gratitude provides an opportunity to reaffirm social connections and to increase positive perceptions of life.

I'm really glad I met you.

I'm glad I met you.That was a nice encounter.

I don't want to leave you.It's good to be alive

