

Research Progress and Nursing Implications on Decision Fatigue in Surrogate Decision Makers of Patients with Cancer

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Abstract

Cancer has become one of the major diseases affecting human health. With the development of medical technology, cancer treatment options present diversity, however, some patients are often unable to make correct clinical treatment decisions in cancer treatment due to disease, treatment, psychological and other factors, so substitute decision makers (family members, friends, relevant agents in accordance with legal requirements, etc.) are needed to make correct clinical decisions on behalf of the patient. When making decisions about treatment options, substitute decision makers need to repeatedly weigh the pros and cons and consider the impact of various health risks on the patient and the family, making the decision-making experience complex and prone to decision fatigue. Decision fatigue refers to the fatigue state in which the ability to make decisions and control behaviors is depleted due to repeated decision-making behaviors, which not only affects the alternative decision-maker's judgment of decision-making, but also may affect his or her physical and mental health. Currently, there are more studies on decision fatigue in foreign countries, which include the current status of decision fatigue in multimorbid patients, their families and healthcare workers, assessment tools, analysis of influencing factors and related interventions. Domestic studies in China are fewer and still in the primary stage, and healthcare professionals have not yet paid attention to the assessment and intervention of decision fatigue in alternative decision makers of cancer patients. Therefore, this paper provides a review of related studies, including the concept of decision fatigue, theoretical models, assessment tools, influencing factors, and coping strategies. It aims to provide reference for healthcare professionals to better understand the connotation and mechanism of decision fatigue, further develop personalized decision aids, and carry out related clinical practice and scientific research.

Keywords

Cancer, Surrogate Decision Maker, Decision Fatigue, Ego Depletion, Self Control, Review, Nursing