

研究論文

談論癌症這回事！探討病患與家庭照顧者之間的溝通

盧鴻毅、林書帆、黃建勳、李修慧(釋普安)、馬立君

摘要

本研究以「家庭溝通模式」與「傳播隱私管理」作為理論基礎，深度訪談五位癌症病患及六位家庭照顧者，了解他們在抗癌及陪病的照顧過程中，如何討論「癌症」這件事。研究發現，癌症病患得知自己罹病後，往往會先默默處理自我情緒，之後再決定該告知誰，該透露多少與病情有關的訊息，以便掌控自我的疾病隱私；至於家庭照顧者面對家人罹癌情況下，會考量病患的年齡及個性等因素，決定對病患「隱

盧鴻毅，國立中正大學社會科學院傳播系(含電訊傳播碩士班)教授。研究興趣：健康傳播、資訊尋求、媒介效果。電郵：telhyl@ccu.edu.tw

林書帆，國立中正大學社會科學院電訊傳播研究所碩士。研究興趣：健康傳播。電郵：dk88520@gmail.com

黃建勳，國立台灣大學醫學院附設醫院雲林分院社區及家庭醫學部主治醫師。研究興趣：安寧緩和醫療、家庭醫學。電郵：beveganlovepeace@gmail.com

李修慧(釋普安)，佛教慈濟醫療財團法人大林慈濟醫院、國立台灣大學醫學院附設醫院雲林分院臨床佛教宗教師、南華大學人文學院生死學系兼任講師。研究興趣：靈性照顧、悲傷輔導。電郵：zpuann55288@gmail.com

馬立君，朝陽科技大學人文暨社會學院傳播藝術系助理教授。研究興趣：媒介效果、電視新聞。電郵：Jessiema16@gmail.com

論文投稿日期：2018年3月9日。論文接受日期：2018年8月2日。

《傳播與社會學刊》，(總)第51期(2020)

瞞」或「揭露」多少與罹癌有關的訊息。研究結果也發現，病患或家庭照顧者在溝通過程中，彼此之間基於「保護對方」為由，往往避談「死亡」這個議題，即便是「高溝通導向」型態的家庭，也難以克服這個溝通難關。

關鍵詞：癌症、傳播隱私管理、家庭溝通模式、主題迴避

香港中文大學出版社：具有版權的資料

Research Article

Talk about Cancer! Exploring Communication between Patients and Family Caregivers

Hung Yi LU, Shu Fan LIN, Chien Hsun HUANG, Hsiu Hui LEE (Pu Ann Bhikkhuni), Li Chun MA

Abstract

Based on the perspectives of family communication patterns (FCP) as well as communication privacy management (CPM), this one-on-one in-depth study interviews five cancer patients and six family caregivers so as to investigate communication between patients and family caregivers. The findings show that patients tend to remain silence at the very beginning when they are diagnosed with cancer. Later on, patients decide who will be informed and what will be disclosed. By doing so, patients have their wills to manage privacy related to

Hung Yi LU (Professor). Department of Communication and Graduate Institute of Telecommunications, College of Social Sciences, National Chung Cheng University. Research interests: health communication, information-seeking, media effect.

Shu Fan LIN (MA). Graduate Institute of Telecommunications, College of Social Sciences, National Chung Cheng University. Research interests: health communication.

Chien Hsun HUANG (MD). Department of Community and Family Medicine, National Taiwan University Hospital Yunlin Branch. Research interests: hospice palliative care, family medicine.

Hsiu Hui LEE (Pu Ann Bhikkhuni) (Clinical Buddhist Chaplain). Dalin Tzu Chi Hospital, Buddhist Tzu Chi Medicine Foundation; National Taiwan University Hospital Yunlin Branch; (Adjunct Lecturer). Department of Life and Death, College of Humanities, Nanhua University. Research interests: spiritual care, sad counseling.

Li Chun MA (Assistant Professor). Department of Communication Arts, College of Humanities and Social Sciences, Chaoyang University of Technology. Research interests: media effect, TV news.

being a cancer patient. Family caregivers tend to avoid talking issues about “end-of-life” with patients. Communication about “end-of-life” between cancer patients and family caregivers is also difficult and not effective in highly-communication-oriented families.

Keywords: cancer, communication privacy management, family communication patterns, topic avoidance

Citation of this article: Lu, H. Y., Lin, S. F., Huang, C. H., Lee, H. H., & Ma, L.C. (2020). Talk about cancer! Exploring communication between patients and family caregivers. *Communication & Society*, 51 , 31–74.

致謝

本文主要以科技部個別型補助計劃「忘不了的憂傷：透過社會支持團體探討癌症往生者家屬的創傷、療癒與分享歷程」(MOST 105-2410-H-194-075-MY2)、科技部個別型補助計劃「在『守口如瓶』及『開誠布公』之間擺盪：癌症病患與照顧者之間的溝通」(MOST 107-2410-H-194-085-MY2) 及林書帆的碩士論文「病患與照顧者之間的溝通：以癌症為例」的研究成果綜合書寫而成。本文第一作者為計劃主持人，第二作者為兼任研究助理，第三作者為計劃共同主持人，第四作者為計劃研究員，第五作者為計劃共同主持人。