

Broadening the Discourse on Death Anxiety: Unexplored Dimensions and Holistic Perspectives**Ölüm Kaygısının Geniş Bir Perspektiften Değerlendirilmesi: Keşfedilmemiş Boyutlar ve Bütünsel Bakış Açısı**¹Serdar ÖZDEMİR¹Department of Emergency Medicine, University of Health Sciences Ümraniye Training and Research Hospital, Istanbul, TürkiyeSerdar Özdemir: <https://orcid.org/0000-0002-6186-6110>**ABSTRACT**

Understanding death anxiety among patients is crucial for healthcare professionals to provide personalized care and support strategies. Cultural and social norms play a significant role in shaping an individual's perception of death. While some cultures accept death as a natural and cyclical process, others tend to avoid it. Therefore, healthcare professionals must consider these factors to develop effective assistance strategies. This our discourse emphasizes the importance of comprehensively evaluating death anxiety to contribute to the study of Özpancar Şolpan et al. on this subject.

Keywords: Death anxiety, cultural and social norms, healthcare professionals

ÖZ

Hastalar arasındaki ölüm kaygısını anlamak, sağlık çalışanlarının kişiselleştirilmiş bakım ve destek stratejileri sunması açısından çok önemlidir. Kültürel ve sosyal normlar bireyin ölüm algısının şekillenmesinde önemli rol oynamaktadır. Bazı kültürler ölümü doğal ve döngüsel bir süreç olarak kabul ederken bazıları bundan kaçınma eğilimindedir. Bu nedenle sağlık çalışanlarının etkili yardım stratejileri geliştirmek için bu faktörleri dikkate alması elzemdir. Bu söylemimiz, Özpancar Şolpan ve arkadaşlarının bu konudaki çalışmasına katkı sağlamak amacıyla ölüm kaygısının kapsamlı bir şekilde değerlendirilmesinin önemini vurgulamaktadır.

Anahtar Kelimeler: Kültürel ve sosyal normlar, ölüm kaygısı, sağlık çalışanları

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Dear Editor,

I have read with great interest the article titled "Death Anxiety in Patients with Hypertension and ST-Elevation Acute Myocardial Infarction and the Affecting Factors" authored by Özpancar Şolpan et al., and published in the third issue of your journal in 2023.¹ I would like to express my gratitude to the authors and editorial board for this insightful article that sheds light on death anxiety in cardiac patients for clinicians. However, I would like to contribute to the discussion by mentioning a few aspects of death anxiety in patients that have not been addressed in the article. Ethics committee approval is not required for Letter Writing to the Editor.

The first important point is that the level of death anxiety an individual experiences is directly influenced by their cultural and social norms. Some cultures view death as a natural and cyclical process, while others perceive it as an event to avoid. This perception affects the individual's acceptance of death and their approach to seeking support. There-

fore, it is crucial to examine cultural and social norms to understand different levels of death anxiety among individuals. Healthcare professionals and counsellors should consider these factors when developing personalized care and support strategies to provide more effective assistance.²

The second important point is to consider the impact of death anxiety on quality of life and daily functioning. This includes how it affects compliance with treatment regimens and overall well-being. Understanding these practical effects is crucial for developing interventions that can improve the emotional and general functioning of patients.³

The third point to consider is how health systems can help reduce death anxiety. Factors like the accessibility of mental health services, the effectiveness of counselling, and the collaboration between medical and psychological care teams can greatly influence patients' experiences.⁴ A thorough examination of health system dynamics can provide valuable insights into the practicality and efficacy of com-

prehensive care strategies.

Finally, it is important to consider the patient's anxiety from a longitudinal perspective. This means understanding how their fear of death changes over time. By studying how these concerns evolve during diseases and treatments, we can gain a better understanding of the nuances involved.⁵ Longitudinal studies provide insights into patterns of death anxiety over time, which in turn allow the development of targeted interventions at different stages of the disease journey.

In conclusion, the existing discussion on death anxiety among hypertension and acute myocardial infarction patients provides a solid foundation. However, there are various unexplored dimensions that highlight the multifaceted nature of this anxiety. To gain a more comprehensive understanding, it is necessary to incorporate cultural, functional, systemic, and longitudinal perspectives, along with the inclusion of patient narratives. This holistic approach ensures a more nuanced comprehension of death anxiety, paving the way for patient-centric interventions and improved overall care.

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