

chemotherapy can alleviate anxiety and depression, help patients better cope with the disease, enhance confidence and self-care ability, thereby improving compliance and possibly improving treatment outcomes (Poudel et al., 2025). Some studies have also found that the improvement of psychological state is often accompanied by positive changes in immune indicators and symptoms, which further indicates that psychology and physiology interact with each other in cancer treatment (Fu et al., 2024).

In response to the aforementioned issues, in recent years, the "patient-centered" humanistic care-oriented psychological nursing has gradually gained attention. This model emphasizes respecting individual differences of patients, understanding their experiences, and meeting their physical, psychological, social and spiritual needs through empathetic communication. In practice, integrating humanistic care with psychological support, health education and self-efficacy enhancement has achieved good results among chemotherapy patients. Such interventions typically include structured psychological support, communication tailored to needs, family involvement, environment optimization and symptom management guidance, and encouraging patients to actively participate in the treatment process. Studies have shown that these measures can significantly alleviate anxiety and depression, reduce fatigue, enhance self-efficacy and quality of life in patients with lung cancer, leukemia and rectal cancer, without affecting the safety of chemotherapy, and even help improve treatment tolerance (Zhang et al., 2024; Huang et al., 2025). Moreover, the concept of psychological care has gradually shifted from "problem-oriented" to "positive development-oriented", such as interventions based on the PERMA model, which can help enhance patients' sense of hope and psychological growth (Hu et al., 2025). Even in resource-limited conditions, psychological support provided by pharmacists or multidisciplinary teams can also effectively alleviate patients' burdens (Bisht et al., 2025; Mustafin, 2025; Poudel et al., 2025). However, there are significant differences in intervention methods, implementation intensity and theoretical basis among different studies, and there is currently a lack of a unified framework to guide the systematic application of humanistic care in different cancer types and treatment stages.

This study will discuss how to incorporate humanistic care into the nursing of cancer patients. Since these patients often have varying degrees of psychological problems, and these problems can affect the treatment outcome and quality of life, and given that the existing research is scattered, it is necessary to conduct a systematic review. This article summarizes several common nursing methods, such as supportive care, educational care, empowerment care, and methods related to positive psychology, and introduces their main practices. This article will analyze the effects of these methods in alleviating anxiety, depression and pain, enhancing hope and psychological resilience, and paying attention to their impact on treatment compliance and quality of life. It points out some deficiencies in current research and discusses how to better implement humanistic care in actual nursing in the future. By organizing the existing research, this article hopes to provide a reference for improving psychological nursing methods and strengthening patient-centered services, thereby helping to improve patients' treatment experience and overall quality of life.

2 Overview of Humanistic Care

2.1 Basic concepts and meanings of humanistic care

In the field of nursing, humanistic care is a patient-centered approach to nursing. When nurses carry out their work, they will first place the feelings and needs of the patients at the forefront. This nursing approach emphasizes that, first, every patient's uniqueness should be respected, and second, their different needs in terms of physical, psychological, social and spiritual aspects should be paid attention to. In simple terms, when patients receive treatment and care, they will feel respected, understood and cared for. Nurses should regard patients as a complete person, rather than just focusing on the illness itself. They should also use sincerity and patience to help patients. In this way, humanistic care is no longer just completing nursing tasks according to procedures, but integrating professional skills with understanding and respect for people, to help patients better cope with diseases.

In clinical nursing practice, humanistic care places greater emphasis on considering issues from the patient's perspective. Nursing staff should listen carefully to the patient's thoughts, gradually build trust through communication, and interact more with the patient and their family members. They should jointly select more