

Rehabilitation of Cancer Breast Patients after Mastectomy

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A study to evaluate the effectiveness of a planned teaching programme on rehabilitation of cancer breast patients after mastectomy in terms of knowledge and expressed practices of nursing personnel working in a selected hospital of Delhi.

Breast cancer is a leading cause of cancer among women regardless of race and ethnicity. Worldwide 10 million new cases of invasive cancer are diagnosed each year. 10% arise in the breast, which makes it the second most common site of malignant neoplasms after the lung (WHO-2001). Also breast cancer survivors are increasing day by day. An increase in consumer advocacy and media attention to this disease has helped bring breast cancer survivorship to the forefront of public attention. This has led to increased attention on quality of life issues and thus rehabilitation of these patients has become mandatory. There is a need to develop and conduct a planned teaching programme on rehabilitation of breast cancer patients after the mastectomy for nursing personnel and thereby reducing post operative complications.

Objectives of the study

- ♦ To develop a planned teaching programme for nursing personnel regarding rehabilitation of breast cancer patients who have undergone mastectomy.
- ♦ To assess and evaluate the

knowledge of nursing personnel regarding rehabilitation of breast cancer patients who have undergone mastectomy before and after the administration of planned teaching programme.

- ♦ To assess and evaluate the expressed practices of nursing personnel regarding rehabilitation of breast cancer patients who have undergone mastectomy before and after the administration of planned teaching programme.
- ♦ To seek the relationship between knowledge and expressed practices of nursing personnel about rehabilitation of breast cancer patients who have undergone mastectomy.

Assumptions

- ♦ Learning is a continuous process.
- ♦ Nursing personnel working in cancer units possess some knowledge and practices about rehabilitation of breast cancer patients who have undergone mastectomy.
- ♦ Planned teaching programme about rehabilitation of breast cancer patients who have undergone mastectomy will help in enhancing the knowl-

edge and expressed practices of nursing personnel.

- ♦ Nursing personnel will be able to retain their knowledge and practices.
- ♦ Nursing personnel's knowledge can be measured by structured questionnaire.
- ♦ Nursing personnel's practices can be measured by measured by checklist.

Methodology

The conceptual framework adopted for the study was based on systems model for the development and evaluation of planned teaching programme. The study utilized an evaluative research approach with one group pretest and post test design. The population comprised of nursing personnel working in a cancer hospital. Purposive sampling technique was utilized for selecting a sample. Independent variable was PTP on rehabilitation of breast cancer patients after mastectomy and dependent variable comprised of knowledge and expressed practices score of nursing personnel on rehabilitation of breast cancer patients after mastectomy. The tools used for data collection were structured questionnaire and check list. Reliability of knowledge questionnaire and checklist was established by Kudar Richardson 21 for-

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mula and Cronbach alpha formula respectively. The reliability was found $r=0.99$ & 0.72 respectively. A pilot study was conducted for checking the feasibility of the study and establishing reliability of the tools in a selected hospital at New Delhi. Final data was collected from 50 nursing personnel working in a cancer hospital. The collected data was organized and analyzed according to objectives of the study using descriptive & inferential statistics.

Findings

Findings related to sample characteristics

As regards the general qualification of the subjects, majority of the subjects (72%) were possessing pre degree whereas (28%) had 10+2 as general qualification. As regards the professional qualification of the subjects, majority of the subjects (90%) had undergone general nursing and midwifery training whereas (10%) had B.Sc nursing as professional qualification. Only (24%) had undergone a short term course on rehabilitation of mastectomy patients and majority of the subjects (76%) had no exposure to short term course on rehabilitation of breast cancer patients after mastectomy. (44%). Subjects had less than two years' experience in nursing and (56%) subjects had 2-4 years of experience. Majority of the subjects (88%) had less than two years experience in cancer units and (12%) subjects had 2-4 year's of experience of working in cancer units.

Findings related to knowledge and expressed practices of nursing personnel

Mean post test knowledge score (66.56) of nursing personnel was found to be significantly higher than their mean pre test knowledge score (50.68) as evident from 't' value (49)=27.9 $p<0.05$ level suggesting the effectiveness of PTP in increasing the knowledge of nursing personnel working in cancer units.

The mean post test expressed practices score (61.34) of nursing personnel was found to be significantly higher than their mean pre test expressed practices score (51.7) as evident from 't' value (49)=29.50 $p<0.05$ level suggesting the effectiveness of PTP in improving the practices of nursing personnel working in cancer units.

Coefficient of correlation between post test knowledge score and post test expressed practices score of nursing personnel indicates a positive relationship which was found to be significant $r(48)=0.33$ $p, 0.05$.

Conclusion

The study concluded that the PTP was effective in enhancing the knowledge of nursing personnel regarding rehabilitation of breast cancer patients after mastectomy. PTP was effective in modifying the practices of nursing personnel regarding rehabilitation of breast cancer patients after mastectomy. There was positive correlation between knowledge score and practices score of nursing personnel regarding rehabilitation of breast cancer patients after mastectomy.

Implications

Findings of the study imply that mastectomy as a surgical procedure has bearing on cancer breast patients' physical, psychosocial, sexual aspect of life thus rehabilitation should be an important aspect in improving the quality of life of these patients. Hence, it is imperative for nursing personnel working with cancer hospitals to provide supportive and educative services.

Recommendations

On the basis of the study findings, the following recommendations were made:-

- ♦ The study can be replicated on a large sample of nursing personnel from cancer care units of different hospitals for making wider generalizations.
- ♦ The study may be replicated with experimental research approach method.
- ♦ The study can be carried out by using other teaching strategies.
- ♦ Comparative study can be taken up on nursing personnel in post operative units and allied units of oncology.

References

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