



Service Priorities and Programmes
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Submitting author: Ms Ming Wai TSUI

Post title: Advanced Practice Nurse, Kwong Wah Hospital, KWC

Nurse education session can decrease patient's psychological distress & enhance patient-nurse relationship

Tsui M W(1), Cheung W M(1), Or A(1), Chan M(1)

(1)The Breast Centre, Surgical Department, Kwong Wah Hospital

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Introduction

Communication and more information have been increasingly considered important in helping people to cope with cancer. A diagnosis of cancer may invoke uncertainty, fear, and loss that can be partially alleviated by nurse education programme. A pre-op nurse education programme is set up for the breast cancer patients in the Breast Centre of Kwong Wah Hospital. The programme includes health information on patients' diagnosis in relation to treatment options and their side effects. A study review has been launched to see if such a nurse education session can decrease patient's psychological distress and enhance their relationship with nurse.

Objectives

(1)To enhance the knowledge on breast operation of newly diagnosed breast cancer patients; (2)To decrease the anxiety of patients relating to uncertainty of operation and the choice of treatment; (3)To enhance patient-nurse relationship.

Methodology

Breast Care Nurse would give an education talk in the session. The content includes patient presented with different breast symptoms would theoretically go with different kinds of operation for breast cancer. A questionnaire 1 is distributed immediately to evaluate patient's operation knowledge after the session. Another questionnaire 2 is distributed after post operative 1 month to evaluate the patient's psycho-social distress symptoms and patient-nurse relationship.

Result

From Apr 2011 to Aug 2012, 273 patients had attended the nurse education sessions. After these sessions, all of them were invited at once to complete the questionnaire 1. Quantitative data analysis was applied for evaluation. 97% (n=267) of patients replied the questionnaire. All of them agreed that the education session had enhanced their understanding of breast cancer. Questionnaire 2 had given out after post operative 1 month, the result showed the patients' psychological distress were decreased, the relationship between patients and breast care nurses were improved at high satisfaction level. Conclusions: The overall result demonstrated that the pre-op nurse

education session on patients' treatment options and side effects can decrease patients' psychological distress and improve patient-nurse relationship at high satisfaction level.