



## Service Priorities and Programmes Electronic Presentations

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**Submitting author:** Miss Lai King LUI

**Post title:** Advanced Practice Nurse, North District Hospital, NTEC

**taichi**

*LUI,LK(1), Chan,csa(1)Lunpy(1),NgYKS(1) ChanWC(1) LeongHT(1)*

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### **Introduction**

Majority of patients after undergoing breast surgery may suffer from limitation of shoulder joint movement. Early mobilization and the upper limb exercise are encouraged. Nowadays, tai chi chuan is very popular in Chinese culture. Many papers support that Tai Chi Chuan have prominent health effect for people. Tai Chi Chuan can help post breast surgery patients to practice limb exercise in a peaceful and relaxed state.

### **Objectives**

To prevent post-operative specific complication related to Mastectomy( Lymphoedema) and maintain healthy well-being

### **Methodology**

In2014-15 , post-Breast Surgery Patient Support Group of North District Hospital started to practice Tai Chi Chuan as part of the rehabilitation group activities. Tai Chi Chuan teacher Master Tang ia actually one of the breast cancer survivors. She joined the Patient Support Group in 2014 and became an active member. In the monthly gathering of support group held at 10:00 on every Saturday, Master Tang taught 30 number of members to practice Yeung- style Tai Chi Chuan for 15-20 minutes before starting tea and meal.

### **Result**

Evaluation forms were distributed to those members who had joined the tai chi chuan exercise, No complication of Mastectomy-Lymphoedema was found in 2014-15. Most of the members had positive feedback that tai chi chuan exercise can help to improve their health. Physically, they performed limb exercise actively and improved the range of movement of should joint to prevent stiffness. Psychologically, they had a good regular exercise to promote body enzyme secretion which instii happy mood. Socially, they had group activities with peer support that can avoid negative thinking. Moreover, some members even felt less tired and dizziness with better appetite during the chemotherapy treatment. Some found more healthy pink color in face.Some found more balanced in gait after removal of one side breast. Overall, 100% of tai chi group members had positive feedback for tai chi chuan.Conclusion: Tai Chi Chuan is effective in promoting the rehabilitation and recovy of post-breast surgery patients physically,psychologically and socially.