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Perception of knowledge and lifestyle risk factors of colorectal cancer for adults post polypectomy

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Introduction

Before the colonoscopy, patients will receive an instruction sheet focusing only on pre- and post-procedure care. However, patients are still at risk for colorectal cancer even though the colonic polyp is removed. Therefore, these patients should be prioritized for colon health education, as they are vulnerable to recurrence of colonic polyps. The additional information on the importance of a healthy lifestyle on colon health for them should be given. Research also suggested that behavioral change programs are more effective for the at-risk group rather than the general population. Moreover, the health belief model supports that a personal perceived risk is a powerful driver for an individual to adopt a healthy lifestyle. Healthy lifestyle modification should be an extension of preventive care for colorectal cancer after colonoscopy.

Objectives

This study aims to explore the perceived knowledge and lifestyle risk factors of colorectal cancer for adult post polypectomy.

Methodology

Face-to-face semi-structured interviews were conducted with participants who had received polypectomy in the past 6 months. A total of 24 participants were (N = 24, Male = 12, Female = 12, Mean age = 56 years, SD = 11) recruited from a regional hospital in Hong Kong. All participants had at least one risk factor of colorectal cancer. Data were collected from the participants until data saturation. Interview transcripts were analyzed by thematic analysis

Result

RESULTS:

Five main themes related to barrier of lifestyle behavior change emerged after analysis: Lack of experience to adopt healthy lifestyle knowledge to daily life; Lack of time to perform lifestyle modification; Lack of motivation for behavioral change; Lack

of signs and symptoms of illness with present unhealthy lifestyle behavior; Lack of confidence for behavior change. Majority of the participants receives knowledge of colorectal cancer from TV, magazine and understands at least one risk factors of colorectal cancer.

IMPLICATIONS:

The findings of this study showed that there is a need for the development of colon health education program which targets at adult to achieve life-long healthy lifestyle post polypectomy.

CONCLUSION:

Tailored lifestyle interventions should be implemented for adult post polypectomy to enhance lifestyle modification and reduce modifiable risk factors of colorectal cancer.