

Qualitative Research on the True Experience of Young Female Breast Cancer Patients After Mastectomy

LI Xia

Background : Young breast cancer patients are a special group, their career and family are mostly in the beginning and unstable situation. They play the caregiver role in the social life, such as daughter, wife and mother. Because of illness they will become a carer, and face a lot of psychological, physiological and social problems. It means their future life will be distorted and reconstructed.

Objectives : The aim was to understand the real experience of young female breast cancer patients after radical operation, and provide a solid theoretical basis for related research, and reference for clinical nursing.

Design and setting : Indepth interviews were conducted with clients at the breast cancer department in Tianjin, China. A qualitative interview study with thematic analysis of transcripts.

Participants : 13 patients were included in the analysis. During the interview, 1 patient was out of control in talking about the problem of the lack of breast, so the interview was stopped, and the data was eliminated.

Results : The real experience of young women with breast cancer in breast cancer radical operation includes: ① disorderance of self-image ; ② disharmonious sexual life and fear of fertility ; ③ shift of family roles ; ④demanding of information ; ⑤ uncertainty of the future career ; ⑥ the need of professional psychological consultation.

Conclusions : Nurses give information about breast cancer through multiple channels to ensure them understand , help patients to grasp the information accuracy, so as not to cause unnecessary stress, such as informing the patients there are individual differences, problems should be timely contact with the medical staff.

Nurses can invite patients' familymembers in the breast cancer group psychological activities, seminars and others, guiding them to the correct cognition during the illness of life, as they provide reasonable and scientific guidance of sexual, promote the interaction and communication between husband and wife, enhance mutual understanding, in order to maintain a happy family. Harmonious sex life can help the communication between husband and wife, which is beneficial to the recovery of the body and mind of young patients with breast cancer.

Nurses on the basis of providing information support, emotional support, and enhance the patient's accurate evaluation of their own to improve the ability of social adaptation to help patients to establish a positive coping style is very important. Through nurses' hard work, such as communication with patients, evaluation of patients with psychological problems, timely communication and exchanges, patients can vent their troubles and depression. At the same time, to carry out psychological counseling activities and lectures, offering psychological counseling room, set up psychological counseling group, invite professional counselors for psychological counseling, provide professional psychological support to patients also can help patients go back to social.