

## **The research of applying Wechat to transitional care for the postoperative patients with breast cancer**

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**BACKGROUND:** Breast cancer incidence rate showed an upward trend,Which is expected that breast cancer incidence rates can rise to 100 per 1 million people,also survivors up to 25 million to 55-69 years old females in 2021. With the treatment continuous improvement,the long-term survival rate of breast cancer patients is increasing.At the same time,the quality of life requirements are also increasing.Thus in the rehabilitation of the disease process proposed higher requirements to medical and nursing services. Continuing nursing care provides a coordinated,orderly,uninterrupted medical and health care services to meet the discharged patients' actual demands. In recent years,It has gradually become a research hot to cancer health care provider. Wechat is a mobile communication software, which is launched by Tencent in 2011. People can use it to transmit language, text, video and other information in a variety of smartphones. In order to improve the patients' functional exercise adherence and quality of life, we used Wechat to carry out the transitional care and also provide systematic tracking guidance for the postoperative patients with breast cancer.

**HYPOTHESIS:** The Wechat's transitional care can improve the limb functional exercise adherence of breast cancer postoperative patients and the quality of life of patients.

**METHODS:** Collecting 156 breast cancer patients who conducted the radical resection at our hospital from March 2014 to March 2015 as research subjects. We adopted convenience sampling to divide patients into two groups evenly. The experimental group patients not only received conventional follow-up, but also used Wechat to proceed transitional care. Breast Cancer Postoperative Functional Exercise Adherence Scale and FACT-B scale were used to compare the two groups' functional exercise effect, compliance, quality of life, and also measured the shoulder joint activity degrees after six months' intervention.

**RESULTS:** The experimental group patients' functional exercise adherence and quality of life scores were superior to that of the control group( $P < 0.05$ ). The average total score of functional exercise adherence at the two groups were  $70.16 \pm 8.31$ ,  $47.72 \pm 7.52$  respectively.The average total score of quality of life at experimental group was  $98.3 \pm 15.4$ , which was 27.3 points higher than control group. Also ,the shoulder joint activity degrees

after six months' Wechat intervention were much better, the difference between the two groups were significant( $P<0.05$ ).