支持性照護對疑似乳癌婦女在確立診斷期間之焦慮及健康照護與支持需求之成效探討

中文摘要

英文摘要

Breast cancer in Taiwan has recently shown tremendous increases in both its incidence and mortality rates. These rates are now the leading cancer incidence and the fourth-leading cancer mortality among Taiwanese women. Women with suspected breast cancer have been shown to suffer during the diagnostic period from both psychological stress and the uncertainty of acquiring breast cancer. Therefore, women with suspected breast cancer need accurate and efficient diagnoses as well as emotional and informational support or resources. However, few studies have addressed the effect of informational and psychosocial support on psychological distress and healthcare needs of these women.

Therefore, a longitudinal, quasi-experimental design was used to determine the effect of supportive care on anxiety, and healthcare and support needs during diagnostic period for women with suspected breast cancer. Women with suspected breast cancer were recruited by convenience sampling from an outpatient clinic at a large medical teaching hospital and assigned by the different division of their clinic visit to experimental and control groups. The experimental group (n=62) received education booklets, individual health education and emotional support (3 times), and follow-up telephone counseling (2 times). The control group (n=60) received only routine care. Participants were interviewed by a trained interviewer after the first notice of the need for breast biopsy (baseline data), before the biopsy, and after knowing the result of pathology. Data were collected on the levels of anxiety and degree to which they perceived their healthcare and support needs were met.

The results indicated that the experimental group had significantly lower anxiety and a higher perceived degree of having their healthcare and support needs met than the control group before breast biopsy and after learning the biopsy results. The more women perceived that their healthcare and support needs were met, the less anxiety they experienced. The study results also showed that supportive care and biopsy results could predict women’s anxiety level and perceived meeting of healthcare and support needs. These variables explained 58.3% and 56.7% of the total variance, respectively.

These study results imply that supportive care can improve quality of care for women with suspected breast cancer. In addition, during the change of cancer care policy in Taiwan, the findings provide clinical nurses a reference for providing women and their families with individualized, supportive care. With knowledge of the role that supportive care intervention plays in reducing anxiety and meeting women's perceived healthcare and support needs, nurses and other healthcare professional can continue to enhance the coping ability of women with suspected breast cancer and the adherence to regular follow-up of women with benign breast tumors.

Key words: suspected breast cancer, supportive care, anxiety, healthcare needs, diagnostic period