

探討衛教護理處置對乳癌婦女焦慮及術後疼痛改善之成效

The Effects of Education in Decreasing Anxiety and Postoperative Pain in Women with Early-stage Breast Cancer

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摘要

本研究目的以衛教改善初次診斷乳癌婦女焦慮及術後疼痛的成效，研究採縱貫式前後測類實驗法，針對台北兩家醫院一般外科病房中，診斷 I、II、III 期乳癌且接受乳房切除手術之婦女收案；採方便取樣隨機分配，分為實驗組及控制組各組 12 人，實驗組於術前一天即開始接受衛教，控制組接受病房常規性照顧；於手術前一天、術後第一、二、三天及出院前一天，共五個時間點收集資料。研究工具包括疼痛及焦慮 0-10 數字量表、醫院焦慮憂鬱量表，資料以卡方檢定、單因子及重複測量變異數分析。結果顯示兩組病人同質性高，且於術前皆經歷高程度的焦慮，但實驗組之乳癌婦女焦慮及術後疼痛改善程度皆較控制組多，且達顯著統計差異；本研究結果支持住院短時間內乳癌婦女手術期間衛教方案，對乳癌婦女焦慮及術後疼痛皆有意義地減輕，因此有系統地給予衛教，可以促進乳癌婦女術後生活品質。

Abstract

The purpose of this study was to comparison of the effects of education in decreasing anxiety and postoperative pain in early-stage breast cancer patients. A longitudinal pretest-posttest quasi-experimental research design was used in this study. Twenty-four breast cancer women who received breast surgery were randomly assigned to a control group, and to a treatment group who received education. Women with breast cancer were recruited using purposive sampling from the general surgical inpatient wards at two teaching hospitals in Taipei. The following research instruments were used to measure the variables in this study: Pain and Anxiety Numeric rating Scale, and Hospital Anxiety and Depression Scale (HADS). Eligible subjects were interviewed five times beginning a day before surgery, and postoperative first, second, third days up to a day before discharged. Data were analyzed by Chi-square test, One-way ANOVA and Repeated Measured ANOVA. The results indicated: Two groups were homogenized and experienced high levels of anxiety during the preoperative day. Significant differences were found in the

systematic nursing intervention group, which showed greater effects than in the control group. The results strongly suggested that the health care profession should assess anxiety in women with breast cancer in order to decrease anxiety, postoperative pain, and increase the quality of life of this population