

Thesis Title Self-Care among Chinese Women Who Have Undergone
 Mastectomy and Related Factors

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ABSTRACT

The descriptive study aimed to explore levels of self-care among Chinese women who have undergone mastectomy, and to describe the characteristics of health states, health care system, received medical information resources. The relationships between health states, health care systems, and information resources and self-care among the women were also determined. Three hospitals known as oncology centers in Beijing were selected. Ninety-five postmastectomy women who met the criteria were selected to participate in the study. The instruments consisted of three parts: Demographic Data Assessment Form (DDAF), Self-Care Questionnaire (SCQ), and Information Resources Questionnaire (IRQ). All questionnaires in the instruments including health state questionnaires and health care system questionnaire in DDAF, SCQ, and IRQ were examined for content validity by three experts, and then were translated into Chinese versions to be used in the process of data collection. The reliability of SCQ and IRQ were 0.76 and 0.75 respectively. The findings were analyzed by using Statistical Analysis System (SAS) 8.0.

Results were as follows: 1) self-care performed by most of the Chinese postmastectomy women was at a moderate level. The mean scores of self-care

activities assessed to be commonly performed were seeing doctor for follow-up, changing roles at home and at work, adjusting life style because of illness, and accepting needed help and support from family members and friends in order to get through the illness and treatment; 2) most reported and evaluated their health states after surgery as being at a good level; 3) their common health problems after surgery were restlessness or agitation, fatigue, hot flashes, stress or anxiety over their illness and treatment, and difficulty in sleeping; 4) most of the subjects sought a combination of biomedical and alternative health care systems for their self-care; 5) most of them received adequate information on cancer treatment, but inadequate information on psychosocial effects of treatment and effects of treatment on family and friends. Physicians, friends and relatives, nurses, and TV programs were considered as important sources of information; 6) there were significantly positive correlations between health states assessed by professionals, types of health care systems, and self-care. However, health status perceived by patients and adequacy of information resources had no correlation with self-care.

The findings suggest that nursing intervention should consider the patient's health states and choices of health care systems in order to enhance the level of self-care among postmastectomy women.