

عنوان مقاله:

Impact of Non-Medicinal Solutions on health related quality of Life in Patients with Breast Cancer

محل انتشار:

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خلاصه مقاله:

Introduction & Aim: Breast cancer and the side effects of chemotherapy disrupt the physical, psychological, social and spiritual functions of these patients and have a significant impact on their quality of life. The aim of this study was to determine the effect of non-prescriptive strategies on quality of life in people with breast cancer. **Methods:** This review study was conducted on scientific sites Google scholar, magiran, Sid, PubMed and iranmedex with cancer keywords, promotion, non-pharmaceutical strategies, quality of life, chemotherapy and their equivalent in the years 1990 to 2019. In this study, descriptive and analytical articles have been used. **Results:** The results of various studies showed that the quality of life of patients with cancer under radiotherapy and chemotherapy was reported to be lower than optimal to desirable. Also, interventions such as reducing the burden of chemotherapy, group counseling, nursing support and education, group therapy based on admission and commitment, family counseling, education in the field of treatment and current breast cancer care, self-care, dialectical behavior therapy, stress management **Methods** of behavioral therapy, Swedish exercises, reflexology, aerobic exercise program, spiritual therapy, yoga, teaching occupational therapies, treatment programs for depression and rehabilitation on the quality of life of patients with breast cancer have been effective. But the method of spontaneous / written emotional disclosure and stress management training on all aspects of quality of life has not been effective. The measurement tools in the studies included a standard quality of life quality questionnaire (EROTC QLQ-23) and a specific quality of life questionnaire for breast cancer (QoL-Br 23). **Conclusion:** According to the results, it seems that the development of a coherent curriculum by oncology nurses will have a significant effect on the quality of life of patients with breast cancer.

کلمات کلیدی:

Cancer, quality of life, chemotherapy, promotion, non-medical strategies

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