

## **Abstract**

# **Development of Care Program by Ward Nurses on Improving Positive Emotional Experience for Chinese Postoperative Breast Cancer Patients Undergoing Radiotherapy**

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Breast cancer is the most common malignant tumor among Chinese women. Radiotherapy has become a treatment process that most patients need to go through and leads to patients having worse psychological health status. Chinese breast cancer patients undergoing radiotherapy are hospitalized, so ward nurses play an important role in solving their psychological problems. Improving the positive emotional experience of patients can overcome and transform the negatives and enhance the positives in order to reduce psychological problems and to improve quality of life. In China, there are fewer intervention programs of improving positive emotions for breast cancer patients. Most of them are not suitable for ward nurses to practice because they need professional psychological advisers to carry out. So it is necessary to develop the care program by ward nurses on improving positive emotional experience for Chinese postoperative breast cancer patients undergoing radiotherapy.

This research intends to develop the care program by ward nurses on improving positive emotional experience for Chinese postoperative breast cancer patients undergoing radiotherapy and verify its application effect, in order to stimulate positive emotions for breast cancer patients and improve their quality of life.

**Study I: Development of care program by ward nurses on improving positive emotional experience for Chinese postoperative breast cancer patients undergoing radiotherapy.**

This study is to develop care program by ward nurses on improving positive emotional experience for Chinese postoperative breast cancer patients undergoing radiotherapy. After the literature review on positive psychosocial interventions in breast cancer patients and the qualitative study on the positive emotional experience and psychosocial care needs for Chinese postoperative breast cancer patients undergoing radiotherapy, the care program was preliminarily developed. And then through the Delphi method, the final version was formed. The care program includes: ① Intervention form: Nurse-led face-to-face support group; ② Intervention content: Changing the incorrect cognition of disease and treatment-related information for patients; ③ Intervention time: The intervention lasts for 60 minutes each and takes place once a week, and total is 5 weeks. ④ Evaluation method: Positive and Negative

Affect Scale, General Well-being Schedule and Functional Assessment of Cancer Therapy-breast Quality of Life Instrument; ⑤ Evaluation time: Baseline evaluation before intervention is performed at the beginning of week 1 and evaluation after intervention is performed at the end of week 5.

**Study II: Effectiveness of care program by ward nurses on improving positive emotional experience for Chinese postoperative breast cancer patients undergoing radiotherapy.**

This study is to preliminarily evaluate the feasibility and effectiveness of care program by ward nurses on improving positive emotional experience for Chinese postoperative breast cancer patients undergoing radiotherapy in clinical practice by using a pilot case study. After finishing the care program, the overall scores of positive emotions, subjective well-being and health-related quality of life among 5 patients were improved through the questionnaire survey. And from the perspectives of 2 nurses, this care program was feasible and suitable for nurses to implement in clinical practice through face-to-face semi-structured interviews.