

Thesis Title Effects of Promoting Patients' Participation
 in Self-care on Symptom distress, Mood state
 and Self-care deficit in Cancer Patients
 Receiving Chemotherapy

Name Kanitha Hanprasitkam

Degree Master of Science (Nursing)

Thesis Supervisory Committee

Prakong Intarasombat, B.Ed., M.Ed.(Nursing)

Vorachai Ratanatharathorn, M.D., Diplome,
The American Board of Internal Medicine
and Medical Oncology.

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Abstract

This experimental research was designed to evaluate the effects of promoting patients' participation in self-care on symptom distress, mood state, and self-care deficit based on Orem's nursing theory. Fifty-four hospitalized cancer patients, receiving chemotherapy at Ramathibodi Hospital were selected by purposive sampling and randomly assigned to either control (n=27) or experimental group (n=27). Subjects in both groups received usual care provided by nurses in the setting but the experimental group received additional supportive-educative nursing system provided by the investigator. Mood state and Symptom distress were measured by LASA Scale (Sutherland, Walker & Till 1988) and Modified Symptom Distress Scale (Holmes 1989). Self-care deficit was measured by the Self-Care Deficit Assessment Form derived from the Self-Care Deficit Related to Nausea and Vomiting Assessment Form and the Rosenberg's Self-Esteem Scale. The latter

was used to measure self-esteem which was a part of self-care deficit assessment.

The results of the study indicated that subjects in the experimental group had significant lower mean score of symptom distress only on the second post chemotherapy day and significant lower mean score on self-care deficit on the first, second and third post chemotherapy day than patients in the control group ($p < 0.05$, $p < 0.01$, respectively), but there were no statistically significant difference between the two groups on mood state on the first three post chemotherapy days ($p > 0.05$).

The findings supported the validity of Orem's nursing theory that explained nurses and patients should act together to allocate the role of each in development of patients' self-care capabilities. This study was limited. It's implications for clinical practice and education must be defined. Further study is recommended.