

Thesis Title      The Effects of Instruction in Cervix Cancer  
Patients Undergoing Brachytherapy by Video  
Tape on Knowledge regarding Health Practice  
and Anxiety Level

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## ABSTRACT

Brachytherapy is a therapeutic measure in cervix cancer patients which can evoke high anxiety. One major reason due to the patients' lack of knowledge regarding the treatment and its health practice. Nurse can relieve anxiety by preparing the patients prior to the treatment. Instruction concerning treatment and health practice is accepted to be one of the proper preparation.

The purpose of this study was to investigate the effects of instruction in cervix cancer patients undergoing brachytherapy on knowledge regarding health practice and anxiety level. A quasi-experimental research was implemented. The sample consisted of 40 cervix cancer patients stage 2,3 undergoing Cesium 137 brachytherapy admitted on the 6<sup>th</sup> floor of 72 building at Siriraj hospital. The patients were divided into two groups. The first 20 patients were assigned to be in the control group who received routine instruction by hospital personnel and the next 20 patients were assigned to be the experimental group who received

instruction by researcher using videotape. The tool used in this study were demographic data form, anxiety rating scale and knowledge regarding health practice interview form. The anxiety level of the sample were evaluated three times, (1) prior to the instruction, (2) immediately after the instruction and, (3) before the patients received brachytherapy. The knowledge were evaluated twice, prior to the instruction and immediately after the instruction. Data were analyzed to compare the knowledge scores and anxiety level between the two groups by using t-test and ANCOVA respectively.

The results were as follows:

1. The scores regarding health practice of the cervix cancer patients after instruction in the experimental group revealed significantly higher than those of the control group. (P<.01)
2. The anxiety level of the cervix cancer patients after instruction in the experimental group revealed significantly lower than those of the control group. (P<.05)
3. The anxiety level of the cervix cancer patients prior to brachytherapy in both experimental group and control group revealed nonsignificantly different. (P>.05)

From the results of this study, the researcher recommends that instructional method by using videotape can be selected as one of a proper mean to prepare patients undergoing brachytherapy. However, other nursing interventions that proved to reduce anxiety such as touching, reassuring and relaxation technique can be used in combining with instructional method in order to reduce anxiety of the patients more effectively.