

Thesis Title

Comparative Study The Effectiveness of Two

Methods in Promotion of Self-care on Quality

of Life and Vulnerability in Cervical Cancer

Patients Receiving Radiotherapy

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Degree

Master of Science (Nursing)

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#### ABSTRACT

This quasi-experimental research was designed to test the effectiveness of two methods in promotion of self-care on quality of life and vulnerability in cervical cancer patients receiving radiotherapy, based on Orem's and Weisman's theories. Purposive sampling was used to select 70 cervical cancer patients receiving radiotherapy at Ramathibodi Hospital, Faculty of Medicine, Mahidol University. The first 35 patients who received radiotherapy from August to October 1991 were assigned into the control group and the later 35 patients who received the same therapy from November 1991 to March 1992 were in the experimental group. Patients in both groups recieved the slide-tape program and the manual of self-care practice during radiotherpy, but the patients in experimental group received continuity of supportive and educative for self-care from the investigator and a research assistant throughout radiation treatment in addition. At the end of the study there were 31 patients left in each group. Quality

Life and vulnerability were measured 3 times; before radiation treatment, during the middle of treatment, and on the last week of the treatment, using the Quality of Life Index developed by Padilla and Grant (1985) and the Omega Vulnerability Scale developed by Weisman (1979).

Results of the study indicated that the means scores on quality of life and vulnerability during radiation therapy for both groups were not significantly different ( $p > .05$ ). However on the last week before the treatment ended, patients in the experimental group reported significantly higher mean score on quality of life ( $p < .05$ ) and significantly lower mean score on vulnerability ( $p = .05$ ) than for the control group. Qualitative data from the experimental group revealed that patients had 6 areas of concerns; health, self-appraisal, work and financial, family and significant relationship, friends and associates, and existential concerns. The helping roles by the investigator and research assistant for the experimental group were; teaching, counselling and guiding, supporting, monitoring, stimulation, facilitation and coordination.

Results of the study suggested the beneficial of promotion patients participation in self-care and the roles of nurses in helping when the patients had self-care deficit. The application of both Orem's general theories of nursing and Weisman's theory of coping with cancer is apparent.