

Thesis Title : The Effect of Planned Instruction on Self-Care Capabilities Regarding Side-Effects of Chemotherapy in Ovarian Cancer Patients.

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Abstract

This study concerns the effect of planned instruction on self-care capabilities in relation to the side-effects of chemotherapy in ovarian cancer patients (STAGE 1) who received total abdominal hysterectomy with bilateral salphingoophorectomy and omentectomy. Data was collected from 16 patients who were admitted to Tripetch 2 ward of Siriraj Hospital. All subjects were tested on their knowledge of the side-effects of chemotherapy as well as their knowledge on self-care for the prevention and release of side-effects associated with chemotherapy after which the subjects were purposively selected and equally assigned to two groups ie : the experimental group and the control group. The planned Instruction programme was used as a tool on the experimental group and after 30 minutes instruction these subjects were tested on knowledge gained during this instructional

period while the control group received no instruction whatsoever. Both groups were discharged with instructions to return every 2 weeks for further treatment sessions wherein both groups were given a "questionnaire" and self-care knowledge prior to sessions 2, 3 & 4 as well as being assessed on their personal health status. The result of this study showed that the major side-effects associated with chemotherapeutic treatment are as follows : anorexia ; nausea ; vomiting; alopecia ; weakness and anxiety. Statistically, there was no significant difference in knowledge between the two groups prior to Instruction $U = 0.360$ ($P > 0.05$). It was also found within the experimental group there was no significant increase in knowledge gained from instructional periods as concluded by the pre-test and post-test results $U = 0.164$ ($P > 0.05$). Furthermore, it was found that a significant difference existed between the two groups in their self-care capabilities after the 2nd, 3rd & 4th chemotherapy treatment periods $U = 0.005$ ($P < 0.05$). Lastly, there was no statistical difference in the assessed health status between the two groups 2, 3 and 4. $U = 0.520, 0.439$ and 0.480 ($P < 0.05$).