

4036703 RAAN / M : MAJOR: ADULT NURSING; M.N.S. (ADULT NURSING)
KEY WORDS : BREAST CANCER / ADJUVANT CHEMOTHERAPY /
NURSING SYSTEM / BODY WEIGHT

PANITNAT CHAMNANSUA: THE EFFECTS OF SUPPORTIVE-
EDUCATIVE NURSING SYSTEM IN CONTROLLING BODY WEIGHT OF
PATIENTS WITH BREAST CANCER RECEIVING ADJUVANT
CHEMOTHERAPY. THESIS ADVISORS: PANWADEE PUTWATANA, D.Sc.
(Nutrition), VORACHAI RATANATHARATHORN, M.D. (The American Board of
Internal Medicine and Medical Oncology) 82 P. ISBN 974-663-043-1

The purpose of this quasi-experimental research was to determine the effect of a supportive-educative nursing system in controlling the body weight of patients with breast cancer receiving adjuvant chemotherapy. Purposive sampling was used to select 30 stage I, II or III breast cancer patients, who were receiving adjuvant chemotherapy. They were separated into two groups, control (n=15) and experimental (n=15) by matching. The research was conducted at the outpatient departments of two settings, the oncology and breast cancer clinics in Ramathibodi Hospital, Bangkok, Thailand. The control group received usual care while the experimental group received supportive-educative nursing system in addition to usual care. The experimental group was individually educated and supported by the researcher at least three times according to the validated nursing intervention manual. Patients' eating behavior, activities, demographic data, height and body weight were recorded. The data was analyzed with SPSS/FW program by using descriptive statistics, t-test, median test, Kolmogorov Smirnov test and Fisher's exact test.

The results of this study revealed that the body weight and body mass index of the control subjects showed a statistically significant increase ($p < .01$) from before to after the intervention period, which did not happen in the experimental group ($p > .05$). When comparing weight gain and increase of body mass index at the end of intervention between the control and experimental groups, there were no statistically significant differences at $p > .05$. Fourteen of 15 (93.3%) in the control group and 10 of 15 (66.7%) in the experimental group had gained weight; the number of patients who gained weight was not statistically significantly different between group at $p > .05$. The supportive-educative nursing system in controlling body weight in breast cancer patients could provide a way to control body weight for other breast cancer patients.