Effect on colorectal cancer patients’ anxiety levels of planned following at home

F. Cavasoglu1, I. Aydin Ayci1, O. Karaoglanoglu2, A. Biber3, N. Mumcu Boga1, B. Altay4
1Ondokuz Mayis University Samsun School of Health, Samsun, Turkey
2Samsun Education and Research Hospital, Samsun, Turkey
3Samsun Education and Research Hospital Chemotherapy Center, Samsun, Turkey
4Ondokuz Mayis University Samsun School of Health, Samsun, Turkey

Introduction: The purpose of the present study is to evaluate the effects on anxiety and coping style about cancer management of program Nursing education, web consultancy, telephone consultancy in colorectal cancer patients receiving chemotherapy.

Methods: This pre-test – post-test experimental and qualitative study include home visits and counselling trainings to be held for patients receiving chemotherapy. A six-month follow-up was performed for patients receiving chemotherapy. First, patients and families coming to the chemotherapy unit will be provided with training and leaflets about possible post-chemotherapy symptoms and coping strategies by a nurse in charge. During the 6-month follow-up process within this program, home visits were be held three times, interim follow-ups were be performed and web-based and telephone counselling services were be provided. The effectiveness of the informational and training programs will be evaluated through pretest and posttest Spielberger anxiety inventory and qualitative data form (include knowledge of coping style, helper persons, senses, and thoughts about cancer care and chemotherapy). This project was supported by TUBITAK as 114S001 number. All participant number were 40 control and 42 experimental groups. We taken ethical board suitable.

Results: At control group age mean is 63.1 ± 10.6 (min 44, max 92 age). All participants of 64.9% (24) were men and 34.1% (n = 63) were women; 91.9% (n = 34) were married and 8.1% (n = 3) were single. It was founded that at control group include high levels state and trait anxiety. But in control group, anxiety levels decreased according to first measurement. First results were taken. But this project continues.

Conclusion: Planned following at home for colorectal cancer patients provides low anxiety and high confidence.