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Relationships between selected variables and adaptation in women after breast surgery

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Breast cancer is one of the most life threatening cancers among women worldwide. Surgery is the cornerstone of treatment for a non-metastatic breast cancer. This descriptive correlational study aimed to investigate how women with breast cancer adapted themselves after breast surgery and which variables related to adaptation. Roy's Adaptation Model was used as a theoretical framework for this study. The participants were 100 married women with breast cancer who met the inclusion criteria and visited an outpatient breast cancer clinic of a university hospital in Bangkok from November 2017 to February 2018. The demographic questionnaire and clinical data form; the adaptation of breast cancer questionnaire and the social support scale questionnaires were used to collect data. The data were analyzed using descriptive statistics like chi-square test and pearson's product moment correlation. The average participants' age was 54.37 years (SD=9.50). All participants had an average of seven months (SD=3.26) after breast surgery. One-third of the participants (35%) received a combination therapy of surgery and chemotherapy. The results showed that the participants had a high adaptation level. Among four modes of adaptation, high levels of adaptation were found for physiological and role-function modes, but moderate levels for the self-concept and interdependence modes. It was found that social support was positively related to adaptation ($r=0.436$, $p<.05$). Therefore, nurses and/or healthcare providers should assess and promote social support among women with breast cancer, in order to promote better adaptation after breast surgery.

Biography

Jittrath Phothikul has completed her Bachelor of Nursing Science in Ramathibodi School of Nursing, Faculty of Medicine Ramathibodi Hospital at Mahidol University, Thailand in 2014. After graduation, she has worked at the female surgical ward. During the time of caring patients, she took care of patients with many types of cancers, especially patients with breast cancer. She has completed her Master's degree in 2018.

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