



## TO ASSESS THE STRESS MANAGEMENT OF CANCER PATIENTS

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## ABSTRACT

**Introduction:** Psychological interventions for cancer patients have been tested and found to reduce stress and improve quality of life.

**Aim:** To assess the stress management among cancer patients

**Methods:** The population was composed of patients with cancer who are admitted in this hospital and control group. The maximum number of patients was admitted is 60 average patients in a month. Samples selected using simple random technique. The data is collected by using stress scale management questionnaire.

**Results:** Majority of the patients in the experimental group, 4(26.6%) had moderate stress level and 11(73.4%) had severe stress level. None of them had mild stress level. After the counseling 12(80%) had mild stress level, 3(20%) had moderate stress level and none of them had severe stress level after counseling.

**Conclusion:** The primary responsibility of the nurse is to create awareness and provide necessary information before the treatment which will help to develop a positive attitude. In this study majority of the patients had severe stress level and mild to moderate stress level.

**KEYWORDS :** stress management, cancer, health education

## INTRODUCTION

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and divide to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place. When cancer develops, however, this orderly process breaks down. As cells become more and more abnormal, old or damaged cells survive when they should die, and new cells form when they are not needed. These extra cells can divide without stopping and may form growths called tumors. Many cancers form solid tumors, which are masses of tissue. Cancers of the blood, such as leukemias, generally do not form solid tumors. Cancerous tumors are malignant, which means they can spread into, or invade, nearby tissues. In addition, as these tumors grow, some cancer cells can break off and travel to distant places in the body through the blood or the lymph system and form new tumors far from the original tumor. Unlike malignant tumors, benign tumors do not spread into, or invade, nearby tissues. Benign tumors can sometimes be quite large, however. When removed, they usually don't grow back, whereas malignant tumors sometimes do. Unlike most benign tumors elsewhere in the body, benign brain tumors can be life threatening.

## AIM

To assess the stress management among cancer patients

## MATERIALS AND METHODS

The Research approach used for the study was quantitative evaluative approach. In this study we analyze the one group pre test post test design. It is a quasi experimental design. The population was composed of patients with cancer who are admitted in this hospital and control group. The maximum number of patients was admitted is 60 average patients in a month. Samples selected using simple random technique. The data is collected by using stress scale management questionnaire. Section A: Demographic data of the patient: Includes age, gender, educational status, occupation, monthly income, diagnosis, history of previous hospitalization and surgery. Section B: Assessment of stress scale: It consists of 15 questions which will help to identify the stress level of the patient with cancer. Each carries one mark.

## RESULTS

In 30 patients included in the study, 17 (56.6%) were in the age group of 20-40 years, 10 (33.3%) between 41-60 years and 3 (10%)

were more than 61 years. The total number of males were 13 (43.3%) and females about 17(56.6%). Based on the education and occupation, it was seen that 2(6.6%) had completed primary school education, 26(86.6%) had completed higher education, 1(3.3%) completed higher secondary education and 1(3.3%) was a graduate. Among them, 16 (53.3%) were homemakers and 14 (46.6%) were non-professionals. The preoperative diagnosis revealed that among the samples collected, 9(30%) were diagnosed to have Cancer in oral cavity. Cancer in breast 13(43.3%) were diagnosed as Cancer in abdomen and 7 (23.3%) were diagnosed to have hernia Leukemia. Among the samples collected, 14(46.6%) had a previous history of hospitalization and among them 11(36.6%) had underwent open surgery previously. Among the patients, 8(26.6%) had a previous knowledge on laparoscopic surgery gained through various sources like 5(16.6%) from media and 3(10%) from relatives and friends and in them 23(76.6%) had applied for medical scheme. The assessment of pre test and post test knowledge among patients undergoing laparoscopic abdominal surgery in experimental group. Regarding the stress level among 15 patients selected for experimental group, 4(26.6%) had moderate stress level and 11(73.4%) had severe stress level. None of them had mild stress level. After the counseling 12(80%) had mild stress level, 3(20%) had moderate stress level and none of them had severe stress level after counseling. The assessment of pre test and post test stress level among cancer patients was assessed among control group was depicted in Table 4.5. The stress level shows that among 15 patients selected for routine care group, 11(73.4%) had mild level of knowledge, 3(20%) had moderate stress and 1(6.6%) had severe stress level before the routine care. After the routine care, 9(60%) gained moderately stress level and similarly 2(13.4%) had severe stress level and 4(26.6%) remains at mild stress level of knowledge.

**Table 1 Assessment of pre test and post test of the stress management scale among patients cancer before and after giving stress management scale in experimental group**

Stress Level	Pre Test		Post Test	
	Number	Percentage (%)	Number	Percentage (%)
≤5 -Mild stress level	0	0	12	80
Moderate stress level (8-10)	4	26.6	3	20
Severe stress level (11-15)	11	73.4	0	0

**Table 2 Assessment of pre test and post test of the stress management scale among patients cancer before and after giving stress management scale in control group**

Stress Level	Pre Test		Post Test	
	Number	Percentage (%)	Number	Percentage (%)
≤5 -Mild stress level	11	73.4	4	26.6
Moderate stress level (8-10)	3	20	9	60
Severe stress level (11-15)	1	6.6	2	13.4

## CONCLUSION

The primary responsibility of the nurse is to create awareness and provide necessary information before the treatment which will help to develop a positive attitude. In this study majority of the patients had severe stress level and mild to moderate stress level. But after the counseling, more than half of the patients gained mild stress management level and thus their stress level was reduced. Hence, treatment orientation and need based education enhances the stress level to be reduced in cancer patients.

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