



Lorestan University of Medical Science

Faculty of Khorramabad Nursing & Midwifery

A Thesis Presented for the Degree of Master of Sciences

In Medical-Surgical Nursing

Title

The impact of remote human caring on the comfort of breast cancer patients undergoing radiation therapy: A randomized clinical trial based on Jean Watson and Katharine Kolcaba theoretical frameworks

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Abstract

Background and Aim: The nature of breast cancer and treatment processes such as radiation therapy cause discomfort. Suspension of care in the Covid-19 era poses serious challenges to care and comfort. Despite various studies, the impact of caritas tele care process on the comfort of these patients has not been studied. The aim of this study was to determine the effect of remote human care on comfort.

Materials and Methods: In this randomized clinical trial study, 58 patients in Khorramabad Radiation Therapy Center in 1399-1400 were selected by convenience sampling method and based on stratified random allocation (based on disease stage) assigned to two groups of intervention and comparison. Due to the nature of the study, blinding was not possible. The comparison group received only routine care. In addition to routine care, the experimental group received individual interpersonal care communication based on Watson theory as needed for at least seven remote sessions and two face-to-face sessions. Data collection tools were demographic and clinical questionnaire and radiotherapy comfort questionnaire. Analysis was performed with independent T-Test, paired t-test, chi-Square and SPSS software version 24.

Results: The results of independent t-test showed that there was no significant difference between the mean comfort scores of the two groups before the intervention ($P = 0/72$). In the intervention group, there was a statistically significant difference between the beginning and the end of the study in terms of comfort and this difference was in the direction of increase ($P < 0.001$). In the comparison group, there was a statistically significant difference between the beginning and the end of the study in terms of comfort and this difference was in the downward direction ($P < 0.001$). The difference between the mean scores of pre-test and post-test in the two groups was significant ($P < 0.001$).

Conclusion: The combination of the two traits of "being human" and "being distant" for the practice of nursing care is an important feature and strength of this study, which resulted in relief for patients in the Covid-19 crisis. This finding could pave the way for designing the implementation of a remote human care system for patients who do not have access to care systems.

Keywords: Breast cancer, Nursing theory, Patient comfort, Radiotherapy, Telenursing