

APPENDIXES

APPENDIX A

Instruments

Part 1. Demographic Data

Age: _____

Marital Status:

☐ Married☐ Single☐ Divorced☐ Widow

Occupational background:

☐ Office staff☐ Factory worker☐ Teacher☐ Farmer☐ Health personnel☐ House keeping☐ Business person☐ others

Educational Level:

☐ No education☐ primary school☐ Secondary school☐ high school☐ Diploma or associate☐ Undergraduate or graduate

Religious belief:

☐ Have religious belief

Name of the religious group: _____

☐ No religious belief

Average Family Income (Yuan/per person/per month):

- ☐ ≤ 100 ☐ 101-200 ☐ 201-300
☐ 301-500 ☐ ≥ 501

Posses of Government support medical care:

- ☐ Yes ☐ No

Stage of breast cancer:

- ☐ Stage I ☐ Stage II ☐ Stage III

Type of surgery:

- ☐ Modified radical mastectomy
☐ Radical mastectomy

Part 2. Needs Assessment Scale (NAS)

The ratings has the following meanings:

- 1 = unimportant: The need is unnecessary and of un concerns for you.
- 2 = slightly important: The need is slightly necessary and of minor concerns for you.
- 3 = moderate important: The need is necessary and of moderate concerns for you.
- 4 = very important: The need is very necessary and of great concerns for you.
- 5 = most important: The need is notably necessary and of greatest concerns for you.

Needs Assessment Scale (NAS)

Needs statement	1	2	3	4	5
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Physical Needs

1. To maintain normal breath pattern
2. To get help from nurses to support wound area during coughing
3. To eat nutritious food adequately for normal body function and wound healing
4. To drink adequately for normal body function
5. To sleep and rest adequately
6. To have a rest for a while after activity
7. To do arm exercises regularly
8. To brush hair by my self
9. To maintain normal bowel movement
10. To pass urine normally
11. To be free of phantom breast sensation
12. To relieve wound pain by using analgesics
13. To keep sheets, clothes, and body clean and tidy

Needs statement	1	2	3	4	5
14. To keep ward environment clean and quiet					
15. To accept my physical appearance as it is					
16. To discuss with nurses and spouse about the returning to sexual activities and get nurses' instructions					
17. To discuss with nurses and spouse about the problem of being unable to fertile within at least 5 years					

Safety Needs

1. To keep drainage tube patency and to be free of accumulation of blood under wound
2. To be free of wound infection or necrosis
3. To be free of stiffness of shoulder joint

Needs statement	1	2	3	4	5
4. To be free of injury and damage of affected side arm					
5. To get help from nurses when sitting on the bed, changing positions, or getting out of bed					
6. To be cared with safe medical equipment and techniques					
7. To receive correct treatment and medications on time					
8. To get instructions about postoperative nutrition, skin care and prevention of wound infection					
9. To get instructions about prevention of arm swelling and correct arm exercises					
10. To get information about prostheses choosing and breast reconstruction					
11. To be honestly told about may disease, and prognosis in an understandable way					

Needs statement	1	2	3	4	5
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12. To relieve my fear and anxiety by explaining my problems in detail and in understandable language					
13. To get information about the side effects and scheduling of medications during hospitalization					
14. To be involved in decision-making about my treatment and care					
15. To pay attention to my human right during the process of treatment and nursing care					
16. To keep my privacy					
17. To get information about the continuous treatment, such as chemotherapy and radiotherapy, after discharge					
18. To get instructions about correct breast self-examination					
19. To get specific instructions about physical activities after discharge					

Needs statement	1	2	3	4	5
20. To get information about scheduling of follow-up after discharge					
Love and Belonging Needs					
1. To receive love and care from family and friends					
2. To receive love and care from nurses and surgeons					
3. To have more contact and communication with nurses and surgeons					
4. to be helped with receiving of my breast cancer diagnosis by nurses and surgeons					
5. To be able to talk with my family members about my feelings and get their understanding and help					
6. To be able to talk with nurses about my feelings and get their understanding and support					
7. To receive touching and comfort when I am in difficult conditions					
8. To have someone listening to me					

Needs statement	1	2	3	4	5
9. To stay with family members and get support from them during illness					
10. To get considerable support from nurses when I look at my wound at first time					
11. To perform some religious actions, such as pray, to keep my mind peaceful					
12. To be visited by patients who had the same surgery and give me instructions and information about coping with illness					
Esteem Needs					
1. To be sure of my self					
2. To have self-respect					
3. To be able to take part in the decision-making of my action and treatment					
4. To keep suitable dressing and well groomed					

Needs statement	1	2	3	4	5
5. To be respected when giving me care					
6. To be treated equally by others					
7. To feel appreciated by my family members, nurses, and surgeons					
8. To feel valued by my family members, nurses and surgeons					
9. To pay attention for keeping some of my body parts from explosion					
10. To be put in the most important position no matter what else happen					

Self-actualization Needs

1. To feel hope that I still have pleasurable experiences left in my life
2. To meet some expected goals that is important to me
3. To offer help to other patients who are experiencing the same surgery
4. To maintain better standards of living as before.

Needs statement	1	2	3	4	5
5. To experience more laughter which has a positive effect to my state of mind					
6. To maintain my femininity and the attractiveness of a female; to enjoy those things around us that are attractive and pleasant					

Part 3. Family Relationship Assessment Scale (FRAS)

Please select one answer that most close to your family situation.

1 = not at all 2 = a little bit 3 = some times
4 = often 5 = a great deal

Family Relationship Assessment Scale (FRAS)

Family relationships	1	2	3	4	5
1. My family gave me information, suggestion during my present illness					
2. When I have personal problems I would first turn to my family for help					
3. My family members shared my responsibilities during my present illness					
4. My family make me feel that I am cared					
5. When my mood is low, my family try to make me feel good					
6. I feel that I can confide to my family about my problems related to my present situation					
7. It is happy when whole family get together					
8. Every one in the family try to do favor for each other					
9. In difficult situations, normally most family members would work out together					

Family relationships	1	2	3	4	5
10. It is very easy to get into agreement on family affairs among family members					
11. When there is a disagreement among family members, people still can hold their temper and talk peacefully					
12. Family get together and ended happily					
13. My family make me feel liked or loved					
14. My family member confide me to solve their problems					
15. My family accept or understand my present illness					
16. There is a strong family tie in my family					

Notes: Supportive relationships: item 1, 2, 3, 14.
 Emotive relationships: item 4, 5, 6, 13.
 Cohesive relationships: item 7, 8, 9, 16.
 Peaceful relationships: item 10, 11, 12, 15.

APPENDIX B

List of Specialists

Name	Title	Area of experience
Sunee Junmahasathien	Lecturer	Surgical nursing
Marayart Na Nakorn	Assist. Prof.	Surgical nursing
Ma Yugeng	Assoc. Prof.	Psychology
Zhao yangbin	Assoc. Prof.	General surgery
Lu Yijia	Professor	Surgical nursing
Yang Weiqong	Assoc. Prof.	Surgical nursing
Cheng Kefang	Assoc. Prof.	Surgical nursing
Qiu Xiacyang	Prof.	English language
Chang Qing	Prof.	Chinese language

Cirriculum Vitae

Surname, name Mrs. Wang, Shiping
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Date of birth May. 14, 1964
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Curriculum vita Associate degree of nursing was obtained
in West China University of Medical
Sciences in 1989
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Experience Working in the First Teaching Hospital of
West China University of Medical Sciences
as a practical nurse, staff nurse, part
time instructor, and head nurse from 1982
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