

## CHAPTER 5

### CONCLUSION AND RECOMMENDATIONS

The purposes of this correlational descriptive study were to identify family support, self-care behaviors, and examine the relationships between family support and self-care behaviors of breast cancer patients receiving combined therapy at six teaching hospitals in Beijing. The instruments used in this study were modified from the Perceived Social Support from Family (PSS-Fa) Scale (Procidano & Heller, 1983) and Self-Care Behavior Questionnaire (Hanucharurnkul, 1988). The Orem's Self-Care Theory served as a theoretical framework in this study. The data were collected on 61 breast cancer patients receiving combined therapy selected by purposive sampling. Descriptive statistics, Pearson's product-moment correlation coefficient under SPSS were used to analyze the data and test hypothesis. Based on the findings and discussion, conclusions, implication of the findings and recommendations were presented in this chapter.

#### Conclusions

Based on the findings of this study, the following conclusions can be made.

1. Breast cancer patients receiving combined therapy perceived a more amount of family support. There are 80.33% of them feeling that their family support were more.

2. Breast cancer patients receiving combined therapy performed a more amount of self-care behaviors, including behaviors for universal self-care requisites and health deviation self-care requisites to manage the side effects of combined therapy. The patients also performed a more amount of psychological self-care behaviors to make adjustment to the life living with breast cancer and its treatment. The patients were also able to perform a more amount of self-care behaviors to take care of themselves in physical aspects. The majority of the subjects performed a more amount of self-care behaviors.

3. A positive and significant correlation was found between family support and self-care behaviors of subjects. The hypothesis of this study is supported. Family support was also correlated positively and significantly with three subscales of Modified Self-Care Behaviors: behaviors for universal self-care requisites, behaviors for health deviation self-care requisites, and psychological self-care behaviors.

#### Implication of the Findings

The findings of this study have important implications for nursing practice, knowledge, education and research.

##### Implication for nursing practice

According to the Orem's self-care theory (1991), nursing practice should assist the patients with their performance of self-care. The findings of this study revealed that the breast cancer patients receiving combined therapy performed a more amount of self-care behaviors, but

they still had some self-care deficits. Nurses are responsible to help them attain self-care. According to the findings of this study and high prevalence of breast cancer, a nursing education program is suggested to be initiated to educate this group of people to increase and regulate the performance of self-care behaviors, and the family members should be included in this program. Nursing care plan should be established to assist and regulate the patients' self-care behaviors in physical and psychological aspects to meet their universal and health deviation self-care requisites, and the families should be involved in the plan. Nurses should encourage and instruct the patients to express themselves. Family members should also be educated to provide effective support to the patients. A club for breast cancer patients is suggested to be established to provide the patients with more opportunity to communicate with each other and share the experience and information, thus their performance of self-care behaviors can be increased.

#### **Implication for nursing education**

For nursing education, the attitude, value and belief of faculty and students toward family support and self-care behaviors should be enhanced supported by the findings of this study. Family support should be emphasized as a related factor influencing the family member's self-care behaviors in the educational program for the nursing students and patients.

### **Implication for nursing research**

For nursing research, since the family support can influence the self-care behaviors of patients, knowledge of related factors of family support and self-care behaviors, modification strategies for family support and self-care behaviors, and the efficacy and cost-effectiveness of the plan to promote the family support and self-care behaviors are required. Future researches are needed to obtain this knowledge.

### **Limitations of the Study**

This study used purposive sampling method which was not randomized. The sample size was only 61. Therefore, the generalization of the study was limited.

### **Recommendations**

Based on the findings, conclusions and implications of the present study, the following recommendations are made.

1. Descriptive studies should be conducted to identify the related factors of family support and self-care behaviors of the breast cancer patients.
2. Replicate the present study with a large sample size to achieve a more representative sample to support the results of this study.
3. Investigate the efficacy and cost-effectiveness of intervention approaches for the promotion of family support and self-care behaviors of breast cancer patients.