

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

This quasi experimental two-group design study was conducted for the purpose of identifying the effect of informational support on psychological well-being of postmastectomy patient. Data was collected during November, 1998 to April, 1999 at the First Teaching Hospital of Xi'an Medical University in Xi'an city, Shaanxi province, P. R. China. Thirty subjects were purposively selected according to the inclusion criteria. The first 15 subjects, the control group, received the routine information providing by the ward nurses and the second 15 subjects, the experimental group, received informational support provided by the researcher. The instruments used in this study were demographic data record form, Psychological Well-Being Questionnaire (PWBQ), and Information Support Guideline (ISG).

The findings of this study were concluded in this chapter. The implications for nursing and recommendations for further studies were also presented in this chapter.

Conclusions

On the basis of the findings of the present study, the following can be concluded:

1. There was a statistical significant difference of psychological well-being between pretest and posttest scores in the control group at the level of .01.

2. There was a statistical significant difference of psychological well-being between pretest and posttest scores in the experimental group at the level of .05.

3. There was a statistical significant difference of psychological well-being scores between the control and experimental groups at the level of .01.

Implications of findings

Implication for nursing practice

This study could provide the information for the clinical nurses in providing care for the postmastectomy patients. It could be a guidance for them to provide the informational support for the postmastectomy patients with considerations to the patients' psychological well-being. It could help postmastectomy patients to improve or maintain their psychological well-being.

Implication for nursing administration

The findings of this study could suggest the nursing administrators to organize a continuing educational

program for the nurses. It could help them to improve the knowledge and skills of the postmastectomy patients' care. The administrators could also develop booklets for postmastectomy patients to help them improve or maintenance their psychological well-being.

Implication for nursing education

The findings of this study and the informational support guideline could be used as examples to teach students about the information about postmastectomy. It could make the educators and students aware of the importance of the psychological well-being and informational support for the postmastectomy patients.

Implication for nursing research

The instruments in this study could provide a reference to future research in this area. The finding of this study provides an information that could benefit for further study including basic knowledge to generation further study to provide the strategy for enhancing psychological well-being of the mastectomy patient.

Limitations of the study

This study was conducted only in the First Teaching Hospital of Xi'an Medical University. The generalization of this study might be limited to the whole population of China.

Recommendations for further research

The following recommendations for further research are suggested.

1. Replication of the study is needed by using larger samples, or/and other samples in different settings to support the results of this study.
2. Longitudinal study is needed to investigate the further effect of informational support on psychological well-being.
3. Further investigation of the effect of informational support on other aspects of postmastectomy patients should be conducted, such as physical well-being, social well-being, and quality of life.
4. Investigation of the effect of other kinds of support is recommended, such as family support, peer support, and tangible support on the psychological well-being of the postmastectomy patient.