

## CHAPTER 5

### CONCLUSION AND RECOMMENDATION

The descriptive study was conducted to identify the stressful events and describe the stress appraisal among HCC patients undergone hepatectomy. Sixty subjects were included by purposive sampling at surgical ward of Zhongshan Hospital, one of the teaching hospitals of SMU in Shanghai, China. Data collection was done during November 1999 to January 2000. The instruments used for data collection in this study included Demographic Data Form and Stress Appraisal Scale-Hepatectomy (SAS-H). Major findings are included in this chapter. The implications for nursing and recommendations for further studies are presented in this chapter.

#### **Conclusion of findings**

Based on the findings of this study, the following conclusion were made:

1. The overall stress appraisal was low among HCC patients undergone hepatectomy.
2. Twenty five items except one of the illness-related events and 15 items except one of the hospital-related events were appraised as stressful for some subjects.

3. Illness-related events was appraised as higher stress appraisal than that of the hospital-related events among the subjects.

4. Top four of the stressful illness-related events occurred most frequently among the subjects were, decrease activity of daily living, change in food/water intake, being in pain, and insertion of drainage tubes in your body.

5. Top four of the most stressful illness-related events appraised by the subjects were, having hiccups, changing responsibility toward family, having to depend on others, being too much concerned by family.

6. Top four of the stressful hospital-related events occurred most frequently among the subjects were, being away from home, several health care providers care for, sharing a room with others, and wearing a hospital gown.

7. Top four of the most stressful hospital-related events appraised by the subjects were, having light on constantly, inability to fulfill social roles, problem with nurses, and being away from home.

### **Implication of findings**

#### **Implication for nursing practice**

The finding of this study provides nurses a better understanding of events that were appraised as stressful and the stress appraisal among HCC patients undergone hepatectomy. Such information can be used as a guideline for developing more appropriate nursing care plan for these patients.

**Implication for nursing education**

The results of this study may increase the awareness of nursing educators and nursing students regarding events that may be appraised as stressful and the stress appraisal among HCC patients undergone hepatectomy.

**Implication for nursing research**

This study provided a baseline data for further study regarding events that are appraised as stressful and stress appraisal among HCC patients undergone hepatectomy. Other investigators may be inspired to seek for factors influencing stress appraisal among the patients undergone other major operation.

**Limitation of the study**

This study was done in one teaching hospital of SMU, and the sample size was relatively small. The subjects were selected through purposive sampling rather than randomization, and only the patients who agreed to participate and met the inclusion criteria were included in the study. In addition, the hospital environment in this study was different from others. Therefore, generalization of the finding is relatively limited.

**Recommendation**

Based on the result of this study, some recommendation need to be considered for future study.

1. Replication of the study is needed with random sampling and bigger sample size from several hospitals to

provide more representative information and increase the generalization of the study.

2. Factors influencing the stress appraisal such as personal factors and situational factors need to be further explored among HCC patients undergone hepatectomy.

3. Longitudinal study started from the time of admission to discharge time among HCC patients should be done to provide more information regarding stress appraisal pattern at different points of time.

4. Intervention study should be done to manage the stressful events that have been found in this study.