

## Physical and mental aspects of self care in cancer patients referred to Shiraz Namazi Hospital Chemotherapy

Vizeshfar, F<sup>1</sup>

<sup>1</sup>-Faculty member of Laar University, Shiraz University of medical sciences, Shiraz, Iran

### Abstract

Being diagnosed with cancer can be an overwhelming experience for people with cancer and their loved ones. Both the disease and its treatment causes a variety of symptoms. This research was done with the overall purpose of assessing cancer patients knowledge about different aspects of self care. Among ۱۳۴ cases ۷۵.۴% was woman (۱۰۱ cases) and ۲۴.۶% was men (۳۳ cases). The mean age of patients was ۴۶.۸ years with a range from ۱۶ to ۷۹ years. The most frequent incidence was in the illiterate population with ۴۷.۸% (۶۴ cases) and only ۸.۲% (۱۱ cases) had university educations. ۶۴.۹% (۷۸ cases) was housewives and only ۲.۲% (۳ cases) was students. The married subjects was ۸۴.۳% (۱۱۳ cases) and ۴۷.۸% (۶۹ cases) and been diagnosed with breast cancer. The following visit varied from ۱ to ۲۲ times. ۲۷.۶% (۳۷ cases) and single chemotherapy program and ۷۲.۴% (۹۷ cases) had combined chemotherapy. ۸۲.۱% (۱۱۰ cases) had done periodic test for following complications of treatment. From information about its importance. ۵۲.۲% (۷۰ cases) had low level of knowledge about chemotherapy complications. ۵۳% (۷۱ cases) did not have certain sources to take information and in ۳۷.۳% (۵۰ cases) source of information was physician. Physical Care score was about ۳ to ۱۶ with mean ۸.۸ and psychological care score was about ۶ to ۲۰ with mean ۱۵. There was a statistically significant result between physical care score and education ( $p < ۰.۰۰۴$ ) and following visits ( $p < ۰.۰۰۱$ ) According to this research results cancer patient education about self care is very important and also these results emphasize on nurses attention to these programs.