



## **The Impact of Application of the Humanistic Nursing Model on Quality of Life and Satisfaction with Nursing among Breast Cancer Patients**

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### **Dear Editor-in-Chief**

Breast cancer patients have to suffer tremendous physical and psychological pain due to postoperative physical defects, physical pain and changes in their social roles and emotions (1). In this study, the impact of application of the humanistic nursing model on the quality of life and satisfaction with nursing was studied among breast cancer patients to provide reference for improving nursing and treatment for these patients.

Inclusion criteria: patients who met the clinical diagnosis criteria for breast cancer as specified in the *Guidelines and Norms of China Anti-Cancer Association for the Diagnosis and Treatment of Breast Cancer (2017 Edition)* (2); patients who had complete basic clinical data, received radical mastectomy for breast cancer in this hospital and had an expected survival period of more than 3 months.

Based on the above criteria, a total of 100 breast cancer patients received radical mastectomy in Zhangjiagang Hospital of Traditional Chinese Medicine during the period from Jan 2017 to Apr 2018 were enrolled. They were randomly assigned to the observation group and the control group according to the principle of randomized controlled trials, with 50 patients in each group.

This study has been approved by the Ethics Committee of Zhangjiagang Hospital of Traditional Chinese Medicine, China.

The control group received conventional postoperative nursing and traditional health education. The observation group received conventional nursing and traditional health education as well as appropriate nursing interventions and health education. The nursing methods were provided based on the patients' age, physical and mental state, and educational background. The result of assessment on five aspects, including the patients' physical condition, family and social status, emotional status, functional status and additional attention were also considered, with the Chinese version of FACT-B (V4.0).

The two groups of patients received postoperative care for 6 months. According to the questionnaire of patients' satisfaction with nursing staff designed by this hospital, the satisfaction levels of the two groups of patients with nursing were compared, including five levels: very satisfied, satisfied, acceptable, dissatisfied, and very dissatisfied. Satisfaction=[(number of respondents selecting "very satisfied" + "satisfied" + "acceptable")/total number of respondents] ×100%.



The satisfaction of the observation group with nursing was significantly higher than that of the

control group (92.00% vs. 72.00%,  $P=0.009$ ) (Table 1).

**Table 1:** Comparison of Satisfaction with Nursing between the two Groups

Type	n	Very Satisfied (n)	Satisfied (n)	Acceptable (n)	Dissatisfied (n)	Very Dissatisfied (n)	Satisfaction n (%)
Observation Group	50	18	16	12	3	1	46 (92.00)
Control Group	50	12	14	10	9	5	36 (72.00)
t							6.775
P value							0.009

In this study, the humanistic nursing model was applied in the observation group after surgery. Through various methods, such as the establishment of an anti-cancer rehabilitation club, distribution of health education guidelines for cancer patients (3), design of postoperative aerobic exercises for postoperative functional recovery, and the establishment of a WeChat support group for breast cancer patients, we made efforts to meet the need of patients for physical rehabilitation, alleviated their psychological stress, answered their questions about diseases, improved their communication with others and took other necessary nursing measures (4,5). After 6 months of postoperative nursing, the VAS score of pain of the observation group was significantly lower than that of the control group, and the scores of various QOL items of the observation group were significantly higher than those of the control group. The result indicates that the humanistic nursing model not only focuses on patients' diseases but also provides assistance to patients in various aspects, such as psychological status, emotional status, daily life functions, and social abilities, in order to improve their quality of life. The satisfaction of the observation group with nursing was significantly higher than that of the control group, which indicates that the humanistic nursing model can better meet the physical, psychological, and emotional needs of patients and thus achieve more satisfactory results.

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## Conflict of interest

The authors declare that there is no conflict of interest.

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