

شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلو

# بسم الله الرحمن الرحيم





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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكرونيله



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## جامعة عين شمس التوثيق الإلكتروني والميكروفيلم قسم

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# Effect of Educational Instructions Regarding Self Care of Women with Breast Cancer Related Lymphedema

#### Thesis

Submitted for Partial Fulfillment of the Requirement of Doctorate Degree in Nursing Science (Medical- Surgical Nursing)

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Basma ElAraby Elfegi

#### **Abstract**

### Effect of Educational Instructions Regarding Self Care of Women with Breast Cancer RelatedLymphedema

Breast cancer related lymphedema represents a major complication of breast cancer treatment, impacting the quality of life of breast cancer survivors. Aim: This study aimed to determine the effect of educational instructions regarding self care of women with breast cancer related lymphedema. **Study design**: A quasi-experimental design was utilized to conduct this study. Setting: This study was conducted at breast cancer outpatient clinic at Oncology Center and Nuclear Medicine, affiliated to Ain Shams University Hospitals. Subjects: A purposive sample of 50 women who were newly diagnosed with breast cancer related lymphedema, post mastectomy, treated with radiotherapy and free from any other dysfunctional disabilities that might interfere with self care. **Data collection tools**: A structured interview questionnaire for women with breast cancer related lymphedema, lymphedema scale, lymphedema functioning, disability and health questionnaire, upper limb functional index andlymphedema self care practices questionnaire. Results: The mean age of the studied women was 47.7±71.16, and 88% of them had satisfactory level of total knowledge post implementation of self careeducational instructions, also; 92% of them had adequate level of total lymphedema self care practices post implementation of self careeducational instructions. **Conclusion:** The implementation of educational instructions regarding self care for women with breast cancer related lymphedema has a statistically significant positive effect on their knowledge andself **Recommendation:** Self careeducationalinstructions should be added to the routine nursing care delivered to those women in all breast cancer treatment units and should be updated periodically in order to enhance their knowledge and self care practices.

**Keywords:** Breast cancer, Education, Lymphedema, Self care, Women.

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