بسم الله الرحمن الرحيم

MONA MAGHRABY

شبكة المعلومات الجامعية

التوثيق الالكتروني والميكروفيلم

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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY

Effect of Self - Care Guidelines on Quality of Life for Patients with Prostate Cancer

Thesis

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

By

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2019

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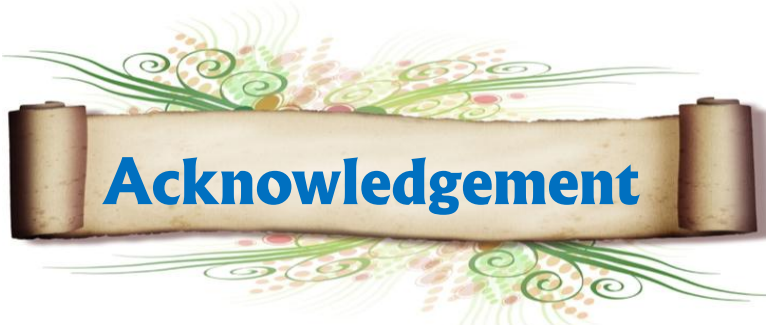

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Ayman Muhammad Kamel Senosy

Abstract

Prostate cancer patients require satisfying their quality of life` dimensions as the physical, psychological, social and spiritual to overcome health problems that have a serious negative impact on QoL in prostate cancer survivors. **Aim**: This study was aiming to evaluate the effect of self-care guidelines on quality of life for patients with prostate cancer. **Study design**: A quasi experimental design was utilized. **Subject**: A purposive sample of 100 patients with prostate cancer were divided into two groups (study and control group). **Setting**: The study was conducted at outpatient`s clinic at Oncology Center that affiliated to Ain Shams University Hospitals, Cairo. Egypt. **Data collection tools**: **1)** Structured Interview Questionnaire form for patients with Prostate Cancer, **2)** Patients' self-care practice observational checklists, and **3)** Quality of Life Cancer Survivors Questionnaire. **Results**: The present study revealed that, 52% of the study group and 44% of the control group had low total QoL with no statistically significant differences between two groups pre implementation of self-care guidelines ($P>0.05$).While, post implementation of self-care guidelines 76% of the study group had high total QoL and 42% of the control group had low total QoL post routine care with a statistically significant differences between them ($P<0.001$). **Conclusion**: Application of self-care guidelines had significant positive effect on quality of life dimensions for patients with prostate cancer. **Recommendations**: Further researches are recommended related to patients' quality of life to evaluate their improvement and prognosis and also, further researches to assess factors affecting on quality of life of patients with prostate cancer.

Keywords: Prostate Cancer, Quality of Life, Self Care Guidelines,

List of Contents

List of Abbreviations

Abb.		Meaning
AS	:	Active Surveillance
BPH	:	Benign Prostatic Hyperplasia.
CBC	:	Complete Blood Count.
CRT	:	Conformal Radiation Therapy.
CT	:	Computed Tomography.
DRE	:	Digital Rectal Exam.
DVT	:	Deep Venous Thrombosis
GnRH	:	Gonadotropin-Releasing Hormone.
HRQOL	:	Health – Related Quality of Life
IMRT	:	Intensity-Modulated Radiation Therapy.
LHRH	:	Luteinizing Hormone-Releasing Hormone.
MRI	:	Magnetic Resonance Imaging.
NSAID	:	Non-Steroidal Anti Inflammatory Drug
PC	:	Prostate Cancer.
PDE5	:	Phospho Diesterase type 5
PSA	:	Prostate- Specific- Antigen.
QoL	:	Quality of life
ROM	:	Range of Motion
SCDNT	:	Self-Care Deficit Nursing Theory
TRUS	:	Trans Rectal Ultra Sound.
TURP	:	Trans Urethral Resection of the Prostate.

List of Tables

List of Figures

Introduction

Prostate cancer is the most common non- skin cancer in the U.S.A., and the second most common cause of deaths in American`s men after lung cancer. It is the second leading cause of death from cancer in men. Prostate cancer occurs more often in African-American men than in white men. They are more likely to die from the disease than white men with prostate cancer **(Janssen, 2017).**

Prostate cancer often has no early symptoms. Advanced prostate cancer can cause men to urinate more often or have a weaker flow of urine, but these symptoms can also be caused by benign prostate conditions. Prostate cancer usually grows very slowly. Most men with prostate cancer are older than 65 years **(National Cancer Institute in U.S.A., 2015).**

Men with a family history of prostate cancer are more likely to get prostate cancer. Hormones and increase fats in the diet raise the amount of testosterone in the body, which speeds the growth of prostate cancer. A few job hazards such as welders, battery manufacturers, rubber workers, & workers frequently exposed to the metal cadmium seem to be more likely to get prostate cancer, add to that, decrease activity level also makes prostate cancer more likely **(American Cancer Society, 2015).**