

Hospic Nursing of Patients with Advanced Tumor

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ARTICLE INFO

Article history:

Published online: 30th Sept, 2017

Key words:

Patients with advanced tumor

Hospic nursing

Effect

ABSTRACT

Purpose: Analyzing the nursing methods of patients with advanced tumor. **Method:** Choose 108 patients with advanced tumor from the patients of the hospital. according to the nursing methods, each 54 patients are brought into the control group and the observation group respectively, which are given general nursing and hospic comprehensive nursing intervention measures, and use Self-rating depression scale (SDS) and Self-Rating Anxiety Scale (SAS) to evaluate the psychological situations of the two groups before and after nursing, and to compare the life quality situations and nursing satisfaction rate of the two group patients after nursing. **Results:** there is no significant difference in psychological status between the two groups before nursing ($P > 0.05$), but after nursing, the scores of SAS and SDS in the observation group were lower than those in the control group, and the difference is significant ($P < 0.05$), which is statistically significant. For the scores of the life quality, the observation group is higher than that of the control group, the difference is significant ($P < 0.05$), which is statistically significant. The nursing satisfaction rate of the observation group is 96.30% (52/54), higher than that of the control group (74.07% (40/54)), and the difference is significant ($P < 0.05$), which is statistically significant. **Conclusion:** the comprehensive clinical nursing intervention method applying in nursing of patients with advanced tumors plays an important role to improve the psychological status of patients and enhance the life quality of patients and nursing satisfaction rate, which should be widely popularized in nursing practice.

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Patients with advanced tumor has larger physical and mental pressure, producing negative psychology under the condition of disease, at the same time of suffering pain, patients will bring burdens for the family. In this regard, clinical nursing work should be given comprehensive nursing intervention measures to alleviate the adverse mood of patients, and improve the life quality in patients with advanced tumor. The study will analyze the applying effectiveness of hospice comprehensive nursing intervention measures in patients with advanced tumor.

1 Data and Method

1.1 General data

Select 108 patients with advanced tumor of the hospital admitted from March 2015 to September, in which there were 64 males and 44 females, aged 58 to 75 years old with the average of (64.5 ± 3.5) years old. The main tumor types are stomach neoplasm, liver tumor, lung tumor and brain tumor, which severally are 35 cases, 30 cases, 30 cases, and 13 cases. The 108 patients are divided into the control group and the observation group with each 54 cases in each group according to the nursing methods. There is no statistical significance of the difference between the two groups in the baseline data such as age, gender and tumor type ($P > 0.05$), which can be compared.

1.2 Method

1.2.1 Control group

Patients take the general nursing measures, for example, trying to meet the needs of patients, to answer questions for patients and their families, or guide medication, etc.

1.2.2 Observation group

The patients in the observation group are given hospice comprehensive nursing intervention measure, the specific implementation process: ① Psychological nursing. Negative emotions such as anxiety, depression are common in patients with advanced tumor, and even

the despair performance, such as attachment to life and family. In addition to the economic problems in the treatment, the patients will bear greatly psychological stress. In this regard, nurses need to do a good job of analyzing psychological changes of patients, serving as talk objects of patients to make patients appeal to the inner feelings, which will help patients alleviate the negative psychological. At the same time, encourage relatives and friends often to visit the patients, making them feel the human kindness at the final moment of life [1]; ② life nursing. It mainly means to improve the comfort degree of patients before the death. For this purpose, we can perfect the ward environment, for example, reasonably control the temperature and humidity, keep the light and ventilation, or put flowers, the favorite photos and TV in the ward. At the same time, the nursing staff and family members of patients need to assist patients with good personal hygiene work, often changing the sheets and clothing, and strengthening the nursing of oral care and skin care; ③ pain nursing. Pain symptoms are evident in patients with advanced tumor, usually with increased pain at night, which will affect patients' activities, mood, sleep and many other aspects. In nursing, it can introduce pain transfer measure, such as listening to the radio or playing music, or discussing patients' interest topic to transfer the pain feeling. To the patients with severity degree of pain, adopt step mode of administration according to the doctors' advice, and observe whether the drug produces untoward reactions, etc. [2]; ④ nutrition nursing. The body function decline is the main feature of patients with advanced tumor. Due to the energy consumption and difficult nutrient absorption, it causes the body nutritional deficiencies. It needs to do the best on the diet guidance in nursing, for example, the food should have high vitamin and high protein and easy to digest, and ensure the fluid balance of patients' body, which will improve the immune function of patients under the nutritional support [3].

1.3 Observation indicator

SAS and SDS are used to evaluate the psychological status of the two groups before and after the nursing. The full score is 80×1.25 , and is divided into three parts: higher than 75, 60-75 and 50-60, corresponding to severe depression, moderate depression and mild depression [4]. At the same time, using the quality of life questionnaire-core 30 (QLQ-C30) to compare the life quality status of two groups of patients in the one month nursing[5]. The evaluation indexes mainly include physical function, cognitive function, role function, social function and emotional function, and the score of each index is 0-100. In addition, the self-made questionnaire of hospital are used to survey the satisfaction rate of two groups of patients, including service quality of nursing staff, basic operation and staff attitude, which includes very satisfied and satisfied.

1.4 Statistical treatment

The study data should be recorded into the Excel. The statistical treatment will be realized through the SPSS18.0 software, the measurement data will be described by the way of mean value \pm standard deviation ($\bar{x} \pm s$), and be tested by t; the count data are shown in the number (n) or rate (%); through the test χ^2 , $P < 0.05$ means there is a significant difference and the statistical significance.

2 Result

2.1 Comparison of mental status improvement

evaluate the psychological status of those two groups before and after nursing, there is no significant difference before nursing ($P > 0.05$), but after nursing, the scores of SAS and SDS in the observation group were lower than those in the control group, and the difference is significant ($P < 0.05$), which is statistically significant. See Table 1.

Table 1 Comparison of the Improvement Situation of Psychological Status between Two Groups before and after Nursing ($\bar{x} \pm s$)

Group (n=54)	SAS scores (point)		SDS scores (point)	
	Before nursing	After nursing	Before nursing	After nursing
Observation group	63.7 \pm 4.9	40.2 \pm 7.7*	62.7 \pm 7.9	35.8 \pm 6.7*
Control group	64.6 \pm 4.4	56.7 \pm 5.46	61.8 \pm 7.2	46.1 \pm 8.9

Note: compared with the control group, * $P < 0.05$.

2.2 The comparison of the scores of life quality after nursing

Comparing the scores of life quality of two groups of patients after one month nursing, the each indicator of

the observation group is higher than those of the control group, the difference is significant ($P < 0.05$), which has statistical significance. See Table 2.

Table 2 The Comparison of the Scores of Life Quality between the Two Group of Patients after Nursing ($\bar{x} \pm s$)

Group (n=54)	Physical function	Cognitive function	Role function	Social function	Emotional function
Observation group	65.2±2.8*	68.5±4.5*	67.8±5.2*	69.7±4.6*	69.5±5.5*
Control group	54.6±3.4	57.6±3.8	56.5±4.9	57.9±3.5	52.8±4.6

Notes: compared with the control group, *P<0.05.

2.3 The comparison of nursing satisfaction rate

The nursing satisfaction rate of the observation group is 96.30% (52/54), higher than that of the control group

(74.07% (40/54)), and the difference is significant (P < 0.05), which is statistically significant. See Table 3.

Table 3 The Comparison of Nursing Satisfaction Rate between Two Groups of Patients [n (%)]

Group (n=54)	Very satisfied	Satisfied	Normal	Unsatisfied	Very unsatisfied	Satisfaction rate
Observation group	38(70.37)	14 (25.93)	1 (1.85)	1 (1.85)	0 (0.00)	52 (96.30) *
Control group	27(50.00)	13 (24.07)	8 (14.81)	4 (7.41)	2 (3.70)	40 (74.07)

Notes: compared with the control group, *P<0.05.

3 Discussion

3.1 Physiological responses of patients with advanced tumor

The adverse emotional problems and life quality problems in patients with advanced tumor are very obvious, and the causes of these problems are mostly attributed to the physiological response of patients. The main responses include: ① the circulatory system symptoms, such as cold clammy skin, weak pulse, cyanosis of the extremities; ② the neurological symptoms, such as visual and auditory impairment, consciousness changes, irritability and hyporeflexia, with sleepiness for some patients; ③ the symptoms of

respiratory system are mainly characterized by gurgling with sputum and dyspnea, etc. [6]; ④ The digestive system symptoms, such as abdominal distension, constipation, vomiting, dehydration, anorexia and other symptoms are obvious. In addition, there are some symptoms in the urinary system and sports system of patients with advanced tumor, for example, the urinary system has uroschisis, incontinentiaurinae and other situations, the sport system has muscular hypotonus and body movement difficulty [7]. The symptoms of patients with advanced tumor are the main causes of negative psychological and declining life quality.

3.2 Application effect of comprehensive nursing intervention method

For the problems of low life quality and negative mood of patients with advanced tumor, this study focuses on the patients with the comprehensive nursing intervention method. It can be found that the observation group is superior to the control group in improving the psychological condition and quality of life, and nursing satisfaction rate was higher than the control group, which fully explained the effect obtained under the comprehensive nursing intervention mode is significant. In the actual conduct of nursing work, nursing staff should fully grasp the knowledge of tumor diseases, target to carry out psychological nursing, life nursing, pain nursing and nutrition support, in order to improve the life quality of patients before the death.

In summary, hospice comprehensive nursing intervention applying in patients with advanced tumor can play an important role to improve the life quality and psychological state of patients, and is helpful to improve the patients' satisfaction rate, so it should be applied in nursing practice.

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