

Impact of Tailored Educational Program of Quality of Life Improvement on Women Undergoing Breast Cancer Treatment at El-Minia Region, Egypt

Abstract

Background: There are 7.2 million female cancer survivors today, it is estimated that 40,450 women will die from breast cancer subsequently, unprecedented survivorship issues concerning psychosocial needs for women have become the new focus for healthcare providers and researchers. **Aim:** Assess the effectiveness of education program on quality of life (QOL) improvement in women undergoing treatment for breast cancer. **Study design:** A quasi experimental. **Sample & settings:** A purposeful sample of 64 women diagnosed with breast cancer that attended the oncology institute, El-Minia region, and recruited randomly. **Tool:** Semi-structured interview questionnaire included reproductive concern scale female sexual function index, impact of event scale, and functional assessment of cancer therapy-breast. **Results** of this study indicated improvement in cancer QOL after administration of the program as (65.62%) of the study group as compared with (6.25%) of the control group had good QOL and (0.0%) of the study group vs. (25.0%) of the control group had poor quality of life. **Conclusion:** The health education program showed evidence of improved QOL, with a reduction in the sexual dysfunction, and lower stress levels. Thus, it can be said that health education program enhances physical, social, emotional, functional wellbeing and additional concerns related to breast cancer, and on enabling women to proactively live with a cancer condition. **Recommendations:** Based upon findings of the current study, it is suggested to heighten awareness & knowledge about the treatment-related side effects among the nursing staff in the department for the nursing- care of this group of patients.

Keywords: Breast cancer- reproductive concerns- quality of life.