



◆ Abstract

Breast cancer is one of the most frequently occurring cancers among women (World Health Organization, 2019). According to Breast Cancer Organization (2019), one out of every eight women is diagnosed with breast cancer at some point in her life. Though the risk of death is a significant concern for breast cancer patients, empowering them to take responsibility for their health is essential for survival (Taleghani, Bahrami, Loripoor, & Yousefi, 2014). Self-care education by nurses can influence treatment results and highlight the importance of the nurses' role (Shahsavari, Matory, Zare, Taleghani, & Kaji, 2015).

Nursing Theory: Dorothea Orem explored the relevance of patient self-care with an emphasis on strengthening the patient's ability to self-care. Female breast cancer patients tend to experience adverse effects as long as six months or more after treatment, which affects their quality of life even further (Li et al., 2018). Nurses have an essential role in teaching breast cancer patients about self-care to help them maintain life, health, development, and well-being (Alligood, 2014). When patients are prepared, they will know what to expect and how to care for themselves (Suplee, Jerome-D'Emilia & Boiler, 2016).

Purpose of the study: The purpose of this quantitative study is to assess oncology nurses' beliefs regarding their teaching of self-care to breast cancer patients.

Research question: What are oncology nurses' beliefs regarding their teaching of self-care to breast cancer patients?



◆ Background and Problem

According to Leighton (2019), after completing treatment, many patients continue to struggle with significant physical and emotional stress. Patients find themselves living with long-term effects of breast cancer treatment that include fatigue, hot flashes, night sweats, sexual dysfunction, sleep disturbance, and weight changes in which they may have received little education on managing these issues. According to Awick, Phillips, Lloyd, and McAuley (2017), self-care can improve self-esteem in breast cancer patients. For this reason, nurses must teach breast cancer patients about self-care to improve their outcome and journey

◆ Methods & Materials

- Data will be collected upon the approval of Albany State University Institutional Review. This study will use a descriptive design and quantitative method using questionnaire to assess oncology nurses' beliefs regarding their teaching of self-care to breast cancer patients.
- A total of 30 oncology nurses will be asked to participate in this research study utilizing snowball sampling technique.
- The survey instrument will be a 12-item researcher developed questionnaire that participants will complete through Survey Monkey, an online survey platform.
- Participants will be invited to participate in this study by email invitation. The email will contain informed consent and link to complete 12-item questionnaire.

◆ References

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◆ Acknowledgements

I would like to thank God for allowing me to pursue my dream. I would also like to thank Dr. Linda Amankwaa, Dr. Andrea Dozier, and Mrs. Leslie Jones, for their guidance throughout this nursing research process. Additionally, I would like to thank the Masters Reality-based Enhanced and Applied Learning (REAL) Grant Program and Albany State University Graduate School.