Nursing Interventions for Emotional and Psychological Support for Women with Breast Cancer in coping with Mastectomy

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 Breast cancer is the most commonly detected cancer among women worldwide (1).





- Breast Cancer Therapy ——— Emotional Anguish +
 Physical manifestations (2)
- Affects the entire sphere surrounding the women
 Psychological distress + emotional disturbance; loss in their self-esteem, felt less feminine (1)
- Psychological issues ______ the most destructive
 one ______ body image (4)
 - Mastectomy: "breast cancer treatment option requiring a surgical procedure to remove one or both breasts" (1)

OBJECTIVE

 Identify specific Nursing Interventions to provide emotional and psychological support to breast cancer women aiding them in coping with mastectomy in a more positive manner.



1. Complete, detailed and personalized Information for each of the patients

RESULTS

- Accurate information
 Personalized care
 valuable source of comfort (4).

 Truthful, high-quality
 Information + tailored to the needs of each patient (9)
- 2. Effective Communication between Nursing Professionals and Breast Cancer Patients;
- 3. Developing Coping Interventions to alleviate Stress, Anxiety and Depression levels;
- Cognitive understanding of the illness Coping strategies crucial increase quality of life (3)
- 4. The effectiveness of the Lovingkindness meditation intervention (LKM) for women with breast cancer on psychological and social well-being;
- 5. The Importance of Breast Care Nurse (BCN) Consultation for Enhanced Patient Education and Psychological Support;
 - provide ongoing counseling, information and support + clarify/reinforce information + continuity of care + referral to other healthcare professionals (7)

METHODOLOGY

 What psychological/emotional support interventions do women with breast cancer require from nursing to cope with a mastectomy?

	OR	AND	OR	AND	OR	
	Breast Neoplasm [Mesh Term]		Mastectomy [Mesh Terms]		Emotional Support [All fields]	
			Mastectomy [All fields]			
	Breast Cancer [All fields]		Breast Surgery [All fields]		Emotional Care	
	noidoj		Breast Removal [All fields]		[All fields]	
	PubMedCINAHLPsycInfo		SpanishEnglish		· ·	
			• 2013-20	trea		
				con	sequences	
	239 articles	3	222 articles		2 selected rticles	

CONCLUSIONS

Nurses should provide comprehensive and holistic care



LKM InterventionBCN Consultation

Emotional and Psychological support



BIBLIOGRAPHY

