Investigation the Effectiveness of Implementation
Discharge Planning Program for Improvement Quality
of Life among Breast Cancer Patients

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Aug. 2011
Abstract:

**Background and objective:** Breast cancer is the second most common malignancy disorder in the world and has affected the lives of millions of women as well as their families, friends and communities. Most women with breast cancer surgery as a first line of defense. Side effects of Surgery and disease can be effective on quality of life (QOL) domains. The purpose of this study was to investigat the effect of discharge planning program on the QOL in patient with breast cancer, who has undergoing surgery.

**Subjects and Methods:** This study was a randomized clinical trial on 69 women with breast cancer, nominated for breast surgery referred to Cancer Institute of Emam Khomeini Hospital. After signing informed consent, eligible patients were assigned to intervention and control groups. In intervention group, discharge planning begins on the client’s admission and continued to 6 weeks after discharge of hospital. The intervention protocol consisted of preoperative teaching, postoperative follow up, two client visits and 6 phone calls during the 6 weeks immediately following discharge. The two home visits were occurr within first and sixth weeks of the returning women to home after surgery. In the control group hospital's routine program implemented. Quality of life was measured using combination of two questionnaires SF36 and breast cancer Quality of life questionnaire(QOL-BC). Data were collected at two times over the course of the study (at recruitment and 6 weeks after surgery).

**Results:** There was statistically significant improvement in QOL (P<0/001) and physical domain (P<0/001), emotional domain (P<0/001), social domain (P<0/001), spiritual domain (P<0/001) in intervention group.

**Conclusion:** Discharge planning program could be an effective approach for improving QOL in breast cancer patients undergoing surgery.