Title: Exercise training on Health Related Quality of Life (HRQOL) in breast cancer survivors

Abstract: Background: Breast cancer (BC) is the leading cause of cancer death among women around the world. It is estimated that the number of BC patients will rise dramatically until 2030. Although surgery is the most common intervention in these patients, they can be influenced by both cancer and surgery for long-term, which leads to negative impact on their quality of life. On the other side, the nurse's role has expanded greatly from clinic to community. Public health nurses devote themselves to the health and well-being of the communities by education for preventing from disease or its complications. They also identify common health problems and chronic disease in the community and work to create intervention plans to correct or prevent their long-term complications. One of these plans is complementary treatment such as exercise, that can improve fatigue, body mass index, attitude and quality of life. The purpose of this quasi-experimental study was to determine the impact of exercise training on HRQOL in mastectomized breast cancer survivors in Tehran.

Method: 38 subjects with study sample characteristics, were selected by purposive and convenience sampling. Education performed by lecture and educational pamphlet about walking. A questionnaire was used to data collection. Questionnaire was incorporated with demographic information and quality of life section. The validity of questionnaire was determined by content validity and reliability by internal consistency. Quality of life questionnaire was completed at baseline and 2 months after education.

Results: The findings indicated that quality of life in physical (P=0.04), psychological (P<0.02), social (P=0.02) and (P<0.001) dimensions improved with walking intervention. Economical and spiritual dimensions improvement wasn't significant.

Conclusion: Focus on populations, working with individuals, groups, and families to improve the overall health of communities is the main dimension in nursing profession. Professional nurses address the life style of their clients to improve their physical, mental, emotional, and social health through different manners such as education.

Walking, Quality of life, Mastectomy

Presentation: Poster