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**Title:** HEALTHY LIFESTYLE, A NEW APPROACH TO PROMOTING THE PATIENTS WITH CANCER HEALTH USING A SYSTEMATIC APPROACH IN SANANDAJ CITY KORDESTAN PROVINCE IRAN

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**Abstract:** Background: Cancer occurs when cells divide uncontrollably. These abnormal cells can invade nearby tissues or travel to distant sites by entering the bloodstream or lymphatic system. Incidence Rate in cancer during 50 years ago has increased constantly. Nutrition, Physical activity and Hope are significant factors in cancer disease that unfortunately patients don't have correct Knowledge and attitude about these important factors.

Purpose: The health promoting setting approach in this study aims at promoting of patients with cancer health in the community treated as a complex social system. It is not merely aimed at the patients' health but focuses the whole environment and all aspects of patients with cancer and their family life.

Methods: This study is a Randomized controlled trial, which Knowledge and attitude questionnaires in basnef model and HHI questionnaire was completed before and after intervention in two case and control groups patients (each group 25 person) and knowledge and attitude questionnaire in patients family in two case and control groups (each group 25 person). The educational and promotional intervention for patient and their families in case groups as a face to face method and individually with PBL method was accomplished. Data was analyzed by use of spss and Chi –square tests and co-variance analyze.

Findings: The knowledge mean score in case group patients significantly is more than controls group (P

Conclusions: Educational interventions affects in knowledge increase and attitude betterment and increasing hope in cancer patient and their family, so it is deserved for cancer patients Quality of life increasing , giving educational services would accomplished with suitable method for example PBL , by patient and family active participation in discuses process by correct program. This was shown to be very useful in increasing patients health knowledge and competence as well as in raising their families awareness and competence in issues relating to their own health, especially that of heart ischemic patients

**Cancer, Hope, Promoting Interventions**

**Presentation:** Poster