The Influence of Empathy Nursing on the Improvement of the Negative Emotions of Young Breast Cancer Patients

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Abstract. Objective: Discuss the influence of empathy nursing on the negative emotions of young breast cancer patients. Method: 132 young breast cancer patients admitted from February 2016 to February 2017 were selected and divided into observation group (66 patients) and control group (66 patients). The control group was given routine nursing, while the observation group was given empathy nursing based on routine care. SAS (Self-Rating Anxiety Scale) and SDS (Self-Rating Depression Scale) were adopted to analyze the influence of the two nursing methods on the negative emotions of the two groups. Results: Before nursing, by comparing the scores of SDS and SAS of the two groups, P>0.05, which means there is no statistically significant difference; after the nursing, the scores of SAS and SDS of the two groups decreased, and the degree of decline in the control group was less than the observation group, the difference is statistically significant. Conclusion: Empathy nursing can effectively improve the negative emotions of young breast cancer patients and is beneficial to the recovery.

Introduction

Breast cancer is one of the most common malignant tumors in women. In recent years, the incidence rate has increased significantly and the age tends to be younger [1-2]. Surgery is the primary method to treat breast cancer, while radical operation means the loss of female secondary sex characteristic for female patients, which brings enormous psychological pressure and mental trauma for young breast cancer patients with the love of beauty. Thus, the patients are prone to depression, anxiety, panic and other negative emotions, these emotions do not only go against the treatment and rehabilitation of disease but affect the treatment effect. But through effective nursing measure, the psychological needs of patients can be satisfied, the patient’s negative emotions can be eliminated, and the flexibility and life quality of patients can be improved, which is of great significance to promote early recover. In this study, 132 young breast cancer patients were dividedly observed, and the effects of different nursing measures on the patients’ negative emotions were discussed, which is reported as follows: Organization of the Text
Materials and Methods

General Information

The average age of the 132 young breast cancer patients admitted from February, 2016 to February, 2017 is 35±2 years old. All the patients were diagnosed as breast cancer by pathology, and the affected breast mastectomy was used to as surgical method to clean the axillary lymph nodes. The patients were randomly divided into control group (66 patients) and observation group (66 patients). There are no significant differences between the two groups in age, education, condition and course of disease.

Methods

Routine nursing was provided to the observation group, including basic nursing, explanation of relevant disease condition and recovery questions for patients and patient answer to the questions of patients.

The observation group was given empathy nursing on the basis of routine nursing, the details are as follows:

• Patient listening: since the patients worry that the surgery will influence their self-image, good will as between spouses and the later social life and the cancer recurrence and metastasis will threaten life, medical staff should take the initiative to communicate with patients and their families, listen to the real idea of the patient, genuinely experience the patient’s psychological mood, timely guide and inspire the negative emotions and stabilize the psychological mood of patients.

• Real-time respond: when communicating with patient, medical personnel should look the patient in the eye, express the understanding through smiling, nodding and touching, etc. and arouse sympathy by listing the similar cases.

• Emotional conveyance: during the response, full understanding and personal feeling to the patient are both necessary to make the patient realize that the communication between the staff and the patient is sincere to comprehensively understand the emotional needs and psychological changes of the patient.

• Positive guidance: after understanding the emotional needs of the patient, specific psychological interventions should be made, the adverse effects of negative emotions on the prognosis and the desired information about the disease and treatment should be explained to the patient to enhance the patient’s confidence of conquering disease.

Observation Index

SAS and SDS were used to compare the negative emotion changes before and after the nursing intervention. Both SAS and SDS consist of 20 items and 4-level rating scale was adopted with scores from 20 to 80, <40 means no anxiety and depression, the higher the score is, the severer the anxiety and depression.

Statistical Analysis

SPSS19.0 software was adopted, measurement data was treated with t-test, P<0.05, there is statistical significance in difference.
Results

Before the nursing, according to the scores of SDS and SAS of the patients in the two groups, P>0.05, there is no statistical significance in difference; after the nursing, the scores of SDS and SAS of the two groups relatively decreased, and the degree of decline in the control group was less than the observation group, the difference is statistically significant (See Table 1).

Table 1. Comparison of SDS and SAS scores between two groups.

|                  | SDS scores |                      | SAS scores |                      |
|------------------|------------|-----------------------|------------|-----------------------|
|                  | before nursing | after nursing | before nursing | after nursing |
| Control group    | 66         | 53.71±5.3            | 48.23±5.5  | 72.30±5.2            |
| Observation group| 66         | 53.65±5.4            | 39.02±4.3  | 64.31±5.4            |
| P                | > 0.05     | < 0.05               | > 0.05     | < 0.05               |

Discussion

Empathy is a psychology concept, also known as sympathy or consensus, which refers to a way of penetrating into the inner world of others to fully understand their inner feelings. The two parties of the communication can recognize and detect changes in mood or emotion through the language, eye contact and body movements to achieve emotional resonance [3]. Empathy nursing means the nursing staff should give an insight into the patient’s feelings, think from the patient’s standpoint, and accurately evaluate the patient’s condition and emotion to offer better nursing service [4]. Using empathy nursing, nursing staff can correctly perceive the patients’ negative and depressed mood to establish a good relationship, mutual understanding and trust between nurses and patients, and patients can better cooperate with medical staff.

As the research objects in this paper, most young patients with breast cancer worried about the impact of the surgery on self-image, future relationship between spouses and social activities, etc., and were prone to anxiety, depression and other negative emotions. The existence of these negative emotions would reduce not only the life quality but the treatment compliance of the patients [5]. It can be seen from Table 1 that before nursing, by comparing the scores of SDS and SAS of the patients in the two groups, P>0.05, there is no statistical significance in difference; after the nursing, the scores of SDS and SAS of the two groups relatively decreased, and the degree of decline in the control group was less than the observation group, the difference is statistically significant. The results show that empathy nursing can significantly improve the anxious and depressed emotions of the young patients with breast cancer.

When implying empathy nursing on young patients with breast cancer, medical staff’s correct perception of the patient’s inner world is the basis to carry out work. When exerting empathy nursing, medical staff should first patiently listen to the description of patients, express the understanding for patients through eye contact, body movements and encouraging words [5], and experience the inner world of patients with different characters, circumstances and cultures to recognize and understand their feelings and respond timely to reach resonance [6].
To sum up, empathy nursing can effectively improve the negative emotions of young breast cancer patients, which is beneficial to the recovery of the disease.

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