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The relationship of psychosocial distress quality of sleep with suspected colorectal cancer**Chien-Yu Hsu**

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Purpose: The aim of this study was to investigate the correlation and prediction of psychosocial distress and sleep quality during the diagnosis of suspected colorectal abnormalities.

Method: This was a correlation study. A consecutive sample of 140 people from the Colorectal Surgery department clinics in a medical center in the north of Taiwan participated in this study. They were at least 20 years old with colorectal abnormal foci or positive in colorectal cancer screening, but no history of colorectal cancer. A structured questionnaire was used to investigate the psychosocial distress and sleep quality during the diagnosis. Multiple linear regression analysis was performed with SPSS 20.0 software.

Results: The sample consisted of subjects with average age of 53.3 (± 12.7). The majority of them had education of college or higher, was married, worked currently; found colorectal abnormality from screening or health check and 67.9% had fine colonoscopy for the first time. The people reported a psychosocial distress before the clinic consultation for diagnosis as a mean of 2.44 (± 2.53) on distress thermometer and of 3.31 (± 3.53) on Brief Symptom Rating Scale. But, 3.5% of them reported mild to moderate suicidal thought. The people also reported poor sleep quality with the total score of 6.54 (± 3.84) on Pittsburgh Sleep Quality Index and 52.1% had sleep disturbance. Multiple regression analysis showed that the level of education ($\beta=1.434$), physical distress ($\beta=1.457$), psychosocial distress ($\beta=0.353$), fatigue degree ($\beta=0.372$) to predict the quality of sleep and can explain 38.9% variance.

Implications for Practice: In the phase during the diagnosis of colorectal abnormal psychological state of society have an impact; significantly influence the quality of sleep. Future for this population should be given care and psychosocial care during the diagnosis, the patient can achieve physical and mental well-being of the state of society.

Biography

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