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Iranian women's needs for preparation to face diagnosis of breast cancer

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Background: Breast cancer is one of the most common cancers among Iranian women. Physical and mental problems, longer survival of these patients, compared to other cancers, and younger age of Iranian women, compared to western women, all reveal the importance of detection and provision of these patients' needs.

Materials & Methods: In this descriptive exploratory study, the needs of the women with breast cancer at the time of facing the diagnosis of their disease and being admitted for treatment was investigated. Twenty-nine women with breast cancer and 10 health care providers as well as 15 home caregivers were selected through purposive sampling. Data were collected by deep personal interviews and focus group sessions and analyzed by content analysis.

Results: Results obtained by analysis of qualitative data, showed that the patients, when faced with diagnosis of the disease and being admitted for treatment, need preparations. Preparation, as a main concept, includes two themes : 1- a need for mental and psychological counseling with sub-themes of patients' and their families' shock due to near death situation, disability and the nightmare of missing an organ; and 2- explanation of the further interventions and selections with sub-themes of feeling of confusion and idleness , and a challenge in decision making.

Discussion & Conclusion: As the time interval between diagnosis and start of treatment, depending on the patients' condition and preparation , can be so short or long, patients' and their families' mental and psychological support can notably be helpful and play a pivotal role in reduction of mortality and increase of their survival

Biography

Fariba Taleghani has completed her PhD in nursing at the age of 40 years from Tehran University of medical sciences in Iran. She is Dean of faculty of Nursing & Midwifery at Isfahan University of medical sciences, Isfahan-Iran and member of nursing board in Iran. She has published more than 70 papers in reputed journals.

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