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Research on cancer-related fatigue during rehabilitation period in breast cancer patients who are using combination therapy**Wanxia Yao**

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Discussing the relationship between adrenaline level in blood and cancer related fatigue, symptom management and life quality, as well as the relationship between cancer related fatigue and SNP of adrenaline receptor, of the breast cancer patients has an undoubted crucial significance. However, there were few related-researches at home and abroad. Therefore, this research is aimed to discuss the above mentioned relationship. It will provide the theoretical basis of the mechanism research and principles for nurses to take care of breast cancer patients with cancer-related fatigue. Through the present research, the achievements were as followed: (1) Proposed a comprehensive research method by combining descriptive, experimental and phenomenology approaches for the current circumstance that cancer related fatigue cannot be accurately quantified and the singularity of research methods. It overcomes the disadvantage of independently using either subjective or quantitative research. Expansion and supplement were obtained by performing qualitative research method after quantitative research. (2) Total score and score of each dimension were obtained in accordance with the breast cancer patients in operation, chemotherapy and radiotherapy periods respectively. The relationship between cancer related fatigue and life quality of breast cancer patients was explored. (3) The patients used various and multiple coping strategies in eight coping styles to deal with their stressful situation associated with cancer and therapy. The most effective coping styles were sleeping, lying down and rest and taking a nap. (4) Qualitative and phenomenology methods were performed based on the descriptive research when body and mental experience, which cannot be derived from the quantitative research, were identified from the relative severe patients. It provided theory basis of the clinical care and nursing intervention. (5) The relationship between cancer-related fatigue and adrenaline, which has a most sensitive stress of Chinese mainland breast cancer patients. Findings from this study revealed that there was a significant positive co-relationship between cancer related fatigue and adrenaline level. Reference value was provided for the mechanism research of breast cancer related fatigue. (6) Genetics research indicated that there was no evident relationship between cancer related fatigue and the SNP of the 1296th loci on $\alpha 2A$ -AR, which led to the direction of future study.

Biography

Wanxia yao has completed her PhD at the age of 48 years from Xi'an Jiaotong University of Medicine. She works as nurse in First affiliated hospital of Xi'an Jiaotong University as the director of Medical information management office. She works as professor in Xi'an Peihua University also. She has published more than 80 papers in reputed journals and has been serving as an editorial board member of repute. She has reviewed more than 1000 manuscripts every year in all over the world.

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