

## Effect of continuous nursing on quality of life and pain management of patients with cancer pain

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### Abstract

**Objective:** To analyze the effect of multi-directional continuous nursing on improving the quality of life of patients with cancer pain after discharge.

**Methods:** According to the method of random number table, 80 patients with cancer pain were divided into control group and intervention group, with 40 patients in each group. The control group received routine nursing and the intervention group received multi-directional continuous nursing. The quality of life of the two groups before and after nursing were compared and observed, and the satisfaction score was investigated.

**Results:** The quality of life in the intervention group was higher than that in the control group ( $P < 0.05$ ); The nursing satisfaction of the intervention group was higher than that of the control group ( $P < 0.05$ ).

**Conclusion:** The implementation of multi-directional continuous nursing for cancer pain patients can improve the quality of life and increase the satisfaction of patients.

**Key words:** Continuing nursing care; Cancer pain; Quality of life.

### Introduction

Cancer pain is a common symptom in the late stage of cancer, which affects the daily life of patients in varying degrees and brings great pain. Therefore, strengthening the nursing intervention of cancer pain plays a great significance in improving the quality of life of patients.<sup>1</sup> Through the research and analysis of 80 patients, this study explored and observed the effect of continuous nursing on improving the quality of life of cancer patients with pain after discharge.

### Data and Methods

#### 1. General Information

According to the random number table method, 80 patients in our hospital (from November

2016 to April 2018) with cancer pain were divided into control group and intervention group with 40 patients in each group. The control group consisted of 25 males and 15 females, ranging from 26 to 72 years old, with an average age of  $(51.4 \pm 5.89)$  years. There were 23 males and 17 females in the intervention group, ranging from 24 to 78 years old, with an average age of  $(53.1 \pm 6.98)$  years. Objective analysis of the basic data of the above two groups of patients showed no significant difference, which could be compared in groups.

#### 2. Method

The patients in the control group received routine nursing: they did a good job of guidance

at the time of discharge, and no longer provided nursing services after discharge. On the basis of discharge guidance, the intervention group received out multi-directional continuous nursing. The main contents were as follows: (1) Within one week after discharge, followed-up in telephone conversation every day to understand the changes of the patient's condition, urged the patient to follow the medical treatment, explained the side effects and treatment methods of pain killers, introduced the relevant knowledge of cancer pain, and increased the patient's compliance. (2) One week after discharge, the patients were followed up by telephone every other day, 5-10 points / time, to master the degree of pain and understand the regularity of medication. (3) Two weeks after discharge, the patients were followed up by telephone every two days to ask about the medication, pain control, side effects and treatment methods. (4) Three weeks after discharge, the actual situation of the patient was evaluated comprehensively, and one or more family follow-up visits were conducted to comprehensively grasp the cancer pain of the patient and strengthen dietary health care. (5) Pushed information about cancer pain, methods of use of opioid and precautions through We-Chat platform for patients and their families to read, improved patients' understanding of the disease, mastered the correct treatment methods of cancer pain, and improved patients' self-care ability.

### 3. Observation Index

(1) The quality of life of patients with cancer pain is evaluated by the quality of life measurement scale<sup>2</sup>, which mainly involved sleep, appetite, daily living conditions, pain, facial expression, fatigue, adverse effects of treatment and other indicators. The full score was 60. The higher the score, the higher the

quality of life of patients.

(2) The patients' satisfaction with this type nursing intervention was investigated. 60-100 points indicated satisfaction, and lower than 60 points indicated dissatisfaction.

### 4. Statistical Methods

SPSS 25.0 was used for analysis. The measurement data were expressed in mean  $\pm$  standard. After t-test, the counting data were evaluated with  $\chi^2$  test, the difference was statistically significant ( $P < 0.05$ ).

### Result

1. Analysis and comparison the quality of life of the two groups showed that the quality of life of the patients in the intervention group was significantly improved after the use of continuous nursing ( $P < 0.05$ ). Table 1.

Table 1. Comparison of quality of life between the two groups(n=30)

Group	Before nursing	After nursing	F	P
control group	32.27 $\pm$ 8.85	31.8 $\pm$ 8.01	0.214	0.83
intervention group	34.17 $\pm$ 8.78	46.6 $\pm$ 6.07	6.379	0.000

2. The survey of nursing satisfaction of patients in the two groups showed that the nursing satisfaction of patients in the intervention group was significantly improved after the application of continuous nursing ( $P < 0.05$ ). Table 2.

Table 2. Comparison of nursing satisfaction between two groups(n=30)

Group	Before nursing	After nursing	F	P
control group	66.2 $\pm$ 8.3	68.6 $\pm$ 7.6	1.149	0.653
intervention group	66.4 $\pm$ 8.3	75.1 $\pm$ 7.3	4.311	0.000

## Discussion

For cancer pain patients, most of them can be relieved by drug or non drug methods. However, in China, about 1/2 of cancer pain patients have not received standard treatment for cancer pain symptoms, especially those with severe pain, which aggravate pain symptoms due to fear of disease.<sup>3</sup>

Therefore, it is necessary to carry out continuous nursing intervention for cancer patients with pain. Continuous nursing is a new type of nursing modality, which refers to the continuation of care from the hospital to the family or to the community, and is an extension of hospital nursing services. Its main purpose is to solve the problems of insufficient nursing and lack of relevant knowledge after the patients are discharged from the hospital. This will avoid the disconnection of nursing problems when returning to the family after discharge and ensure that patients can receive cooperative and continuous care in different places. This will provide uninterrupted medical care for patients, improve the integrity of nursing, enrich nursing content, and save medical costs.<sup>4</sup> On the basis of in-hospital care, the patients with cancer pain will receive multi-directional continuous care. After discharge, the nursing service will be extended to families and communities, and the patients' pain will be understood and served through telephone follow-up, home-based family follow-up, etc., the opioid use methods and precautions will be introduced, and the patients will be guided to develop good living habits, adopt healthy behavior styles, effectively relieve painful symptoms and improve the quality of life. In short, multi-directional continuous nursing plays a significant role in improving the quality of life of cancer pain patients, and it is

recommended to promote it.

## Reference

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