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POSTER

Patients attitudes towards an individualized filofax information system

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Purpose: Many patients feel the diversity of written & verbal information they are given after a diagnosis of malignant disease could be streamlined & improved. One system to rectify this is to prepare an individualized information package in a form of a filofax which could be updated at different stages. In order to justify this expense, this study evaluated the attitudes of patients & relatives.

Method: 300 questionnaires were given by hand over 3 wks in the Oncology Outpatients departments of our institutions & Northampton Hospital. It described a customized filofax made up by the nurse specialist containing specific written information relevant to their case to be held by the patient. Patients were asked to indicate their attitudes towards each suggestions on a scale from 1-5.

Results: 210 (70%), questionnaires were returned (55 relatives, 155 patients). 80% felt this system would be helpful or very helpful versus 5% not helpful or worrying (χ^2 , $p < 0.00001$). 15% were equivocal. This remained significant for all subgroups. In those who indicated helpful or very helpful the preference was greater in <60 yrs v ≥ 60 yrs (90% v 63% χ^2 with Yates correction, $p = 0.0001$) & non-ethnic v ethnic groups (48% v 82% χ^2 with Yates correction, $p = 0.0005$) but not different between Patients & Relatives (76% v 86%, χ^2 with Yates correction $p = 0.14$) or Males & Females (79% v 78%, χ^2 with Yates correction $p = 0.96$).

Conclusions: There is a strong preference for a filofax information system particularly in the younger patients. A regional working party has now been established to implement and evaluate this system.

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POSTER

"Learning to live with cancer": Also an Italian experience

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The Johnson-Grahn educational program for cancer patient was translated and adapted to meet the Italian patients' needs to cope and live with cancer. Following the American experience and the European proposal of G. Grahn (Lund University, EONS) who gives us instruments and methodology to build on the experience, the first Italian program began at Istituto Nazionale Tumori, Milan, in October 1995. Three more cycles were carried out in 1996 with the participation of fifty patients and significant others. The participants' evaluation was very encouraging for the staff and now we are working in two directions: 1) to establish this and other educational and supportive programs as a part of good cancer-care; 2) To evaluate the mid-term effects of the program on the patients' experience of fear and anxiety.

So far, we have observed two interesting and surprising effects of the program: the very good involvement of the health personnel and the ideas and proposals on hospital life contributed by the groups of patients. In ten years of organizing workshop programs to improve communication only one physician was recruited in one year in the context of "Learning to live with cancer" n° 6 nurses, a psychologist, 3 rehabilitation therapists and 7 physicians received practical experience in communication by listening and talking to patient outside the usual hospital setting. The other effect was more effective involvement of the patients in the Hospital organization: the participants spoke to the authorities of the institution to approve the new educational and supportive program and to ask for better organization of the hospital services and made some interesting proposal about the doctor/patient relationship.

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POSTER

Determination for the level of the breast examination knowledge between 15-49 years old married women which are being done by themselves

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This research has been planned for being understood the level of breast examination between 15-49 years old married women and clarify the variations which can be effected on this matter.

Methods: This research has been done in Ege University between 150

women as 15-49 years old during the period of Jan. 15/96-Feb. 25/96. Relation between the variations have been invested by Ki-Kare Test.

Results: According to this research following results have been found. % 71.30 women have been known breast examination by themselves. % 60.67 women have been known when the breast examination should be done. Education and age differences have not been effected their knowledge level. Positive relation has been found between the educated on breast. Cancer and their knowledge level ($\chi^2 = 20.00$, $SD = 1$, $P < 0.05$). Also knowing the breast examination by themselves ($\chi^2 = 14.030$, $SD = 4$, $P < 0.05$).

Conclusion: Many suggestions have been given in order to improve the lack of the knowledge for breast examination between the women at the end of the research.

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POSTER

Accommodation of therapy-patient: Comfort and security

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Purpose: Preparation and implementation of guidelines for the Nursing of Thyroid Carcinoma patients who are to be treated with Radiiodine-131.

Method: The treatment consists of the oral administration of a single dose of Iodine-131 in liquid or capsule form. Restrictions imposed by the requirements of radiation hygiene necessitate the isolation of the patient until the level of gamma radiation falls to an acceptable level. To achieve this the therapy room has to meet special building standards with respect to shielding, patient comfort and means to communicate with the nursing staff and outside world. Well formulated oral and written information and instructions are extremely important for the patient, family members and (new) nursing personnel. To achieve this information folders and precise written instructions for the patient and family together with a written protocol for the nursing staff with respect to normal procedures and how to handle in emergency situations were prepared. These are required by law.

Results: Within the department patient leaflets, a nursing protocol and an emergency procedure have been developed and implemented. On a national level the "National Working Party on Nursing Procedures for Radiotherapy and Nuclear Medicine" has produced a consensus guideline to advising on basic standard procedures.

Conclusion: Adequate information can alleviate fear and insecurity concerning the nature of the treatment and also reduce radiation exposure of Nursing Staff and family members. By using standardised procedures nurses are more easily able to reassure the patient and carry out nursing procedures which results in an optimal care.

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POSTER

A book which is addressed to patients who are about to receive chemotherapy

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To increase the patients' and relative's possibilities continuously to cope with the enormous quantity of information about diagnosis, treatment and care, we devised a book which is addressed to patients who are about to receive chemotherapy.

The book is divided into five topics:

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| 1. Presentation: | - Presentation of the department
- Phonenumbers etc. |
| 2. Treatment: | - What is chemotherapy?
- How is it administered? |
| 3. Adverse effect: | - The most common adverse effects.
- Something special to be aware of. |
| 4. Daily-life with chemotherapy: | - Consequences for a) the family, b) work-life
- How to deal with my new life? |
| 5. Various: | - A letter from a former patient! - Interesting literature.
- Addresses and phonenumbers of ex:
home-nurses, cancer advising center, priest etc. |

To meet patients' and relatives' needs for advice about what to eat and get better and to improve their situation the book also contains advice about nutrition.

At the end of the book there is space for the patient to make his own notes. Finally, the book can be used as a tool for communication between patient and ex: - family - home-nurses - family-doctor.