Effects of a psycho educational intervention in patients with colorectal cancer undergoing chemotherapy

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Background: Colorectal cancer is the cancer with the highest prevalence in Taiwan. Care coordination has received increased attention because it critically affects patient safety and care quality across services.

Objectives: This paper is a report of a study conducted to examine the effects of the Psycho Educational Intervention (PEI) on anxiety, depression, and self-efficacy in patients with colorectal cancer undergoing chemotherapy.

Methods: After baseline screening, patients with colorectal cancer who agreed to participate (n=100) were randomized to either experimental or control group. The experimental group participated in a PEI. The PEI was constructed with two separate parts: educational information and materials relating to depression, anxiety, EORTC QLQ-C30, and self-efficacy. The intervention group participated in the PEI for at least 1 hour per section for 6 sections, in addition to using an educational manual designed and presented by the researchers. Participants in the control group were exposed only to the traditional pamphlet education approach in OPD. Data were collected just before the chemotherapy (T1), the 3rd (T2) and 5th weeks of chemotherapy (T3) and 2 weeks after the final session of chemotherapy (T4). The study was carried out from 2015 to 2016.

Results: Values for anxiety, depression, and quality of life two weeks (T4) after chemotherapy treatment ended showed significant differences for colorectal cancer patients who received PEI. Significant differences in self-efficacy were shown between the two groups after the fifth chemotherapy treatment (T3). The effects of anxiety, depression, and quality of life remained significant when group and time interactions were included in the model, showing a positive relationship between PEI and the variables of anxiety, depression, and quality of life.

Conclusion: Face-to-face PEI can be used effectively for colorectal cancer patients before chemotherapy in clinical oncology settings to reduce the degree of emotional disturbance and accelerate adaptation. PEI significantly improved disease care techniques, reduced chemotherapy-related discomfort, and improved quality of life for participants in the experimental group.

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