

Application research of humanized nursing in radiotherapy nursing of senile esophageal cancer

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Abstract: Objective: To explore and analyze the nursing effect of humanized nursing on elderly patients with esophageal cancer who received radiotherapy. **Methods:** 96 elderly patients with esophageal cancer who received chemotherapy in our hospital from January 2017 to December 2018 were selected for this study. All the subjects were randomly divided into reference group and research group of 48 cases, and the patients in the two groups were given routine care and humanized care. The quality of life and satisfaction with nursing were compared between the two groups. **Results:** The QOL score (49.3 ± 5.1) of the experimental group receiving humanized care was significantly higher than that of the reference group receiving conventional nursing intervention (36.4 ± 6.4). Meanwhile, the nursing satisfaction of the experimental group was 95.8% higher than that of the reference group (72.9%). All the differences were statistically significant, $P < 0.05$. **Conclusion:** In the process of nursing elderly patients with esophageal cancer who received radiotherapy, humanized nursing can significantly improve the quality of life of patients, improve the satisfaction of patients with nursing, with high clinical value.

1. Introduction

In recent years, with the change of people's life style and the deterioration of the environment, the incidence of cancer is increasing, which poses a serious threat to people's health and life. Among them, esophageal cancer is a kind of digestive tract malignant tumor with a high incidence. Among the middle-aged and elderly over the age of 40, its incidence is higher, and the number of male patients is larger than that of female patients. The typical symptom of esophageal cancer is dysphagia. Let the patient's quality of life is seriously affected. At present, the clinical treatment of esophageal cancer, the use of surgery, combined with radiotherapy, chemotherapy to give effective assistance. However, patients who receive radiotherapy for a long time will inevitably have a variety of adverse physical reactions, especially the intense pain, which makes the patients unbearable, and bear a very serious mental stress. The decline of the quality of life and the increase of mental stress will have a negative impact on the treatment of patients, especially for elderly patients. In recent years, our hospital has adopted humanized nursing intervention in nursing elderly patients with esophageal cancer radiotherapy, and achieved quite remarkable results.

2. Materials and Methods

2.1 General Materials

96 elderly patients with esophageal cancer who received chemotherapy in our hospital from January 2017 to December 2018 were selected as the subjects for this study. All subjects were randomly divided into 48 reference groups and 48 study groups. The number of male patients and female patients in the reference group was 20 and 18, respectively. The youngest patients were 61 years old, the largest patients were 84 years old, and the average age was (72.5 ± 4.2) years old. In terms of cancer types, 26 patients with squamous cell carcinoma and 22 patients with adenocarcinoma were included. The number of male and female patients in the study group was 21 and 17, respectively. The youngest patients were 62 years old, the largest patients were 85 years old, and the average age was (73.1 ± 4.7) years old. In terms of cancer types, 27 patients with squamous

cell carcinoma and 21 patients with adenocarcinoma were included. The general information of the two groups showed no difference after statistical analysis, $P>0.05$.

2.2 Methods

In the reference group, patients received routine nursing intervention during radiotherapy, mainly including routine medication nursing, general basic education and so on.

Patients in the study group received humanized care during radiotherapy, mainly including the following contents:

(1) Humanistic psychological care: for cancer patients receiving chemotherapy, on the one hand, fear of cancer will make patients pessimistic, anxious, depressed and lose confidence in treatment; On the other hand, various adverse reactions caused by chemotherapy will also aggravate the patients' bad psychology and affect the treatment compliance. Therefore, in the process of treatment, medical staff, on the one hand, make use of various opportunities to popularize knowledge about esophageal cancer and chemotherapy to patients, so that patients can understand the treatment methods, potential side effects and treatment prospects, help patients build up confidence in treatment, and encourage patients to overcome the disease. On the other hand, we should care more about patients, communicate more with patients, understand their real thoughts, meet their legitimate needs, answer their psychological doubts, tell patients the important role of good mood in treatment, and help patients form a peaceful treatment mentality.

(2) Humanized skin care: before the patient receives radiotherapy, the nursing staff instructs the patient to bathe and thoroughly wash the skin; Hair positioning line after completion, to ensure that the irradiation area of the skin clean and dry, to ensure that the loose type of clothing, preferably wear cotton materials, the local skin every day with warm water, but pay attention to not vigorously rub; When outdoor activity should prevent bask in processing, must not make the skin gets the strong stimulation of the outside; Wash the skin not to use soap, alcohol and other irritant items; If the skin is tingling or peeling, do not scratch the skin; Ensure the patient's fingernails are neat and smooth, avoid scratching the skin. Nursing staff must be on the part of the patient's skin irradiation to maintain attention, once found the line is not clear, need to inform the physician again line, asked the patient must not be processed by themselves; Make a good bed for the nursing staff cleaning work, to ensure the comfort of the bed.

(3) Humanized diet nursing: through health education, let patients know the importance of good diet for the treatment and prognosis of patients. At the same time, let patients know the possible discomfort and adverse reactions of esophagus after radiotherapy, and help patients to do a good psychological construction. Provide patients with protein, calories and vitamin content of high semi-fluid food, patients should not eat too hot, greasy and sour cold; The patient's specific diet, nursing staff according to the patient's habits and tastes to develop programs, so that the patient as far as possible to maintain a good appetite; Tell patients in the process of eating, to do chewing slowly, a small number of meals; Keep food at a good temperature; After eating is finished, do not lie down immediately, had better sit, the posture that sits partly maintains half an hour or so, avoid occurrence food reflux phenomenon. Inform patient and family member, should drink lukewarm water, normal saline regularly, achieve the purpose that cleans esophagus, oral cavity thereby. More understanding of the patient's eating status and the patient's dietary needs, the patient's condition changes, to make reasonable adjustments; In cases of poor appetite, patients may be advised to take vitamin B12.

(4) Humanized other nursing care: patients with esophageal cancer who receive radiotherapy will suffer from the function of salivary glands, resulting in less saliva secretion, so they tend to feel thirsty. Patients should be informed to drink more water during radiotherapy to relieve discomfort; When providing medication to patients, help them crush it to make it easier to administer. If patients need to get out of bed, the nursing staff give more support; Do a good job in the process of radiotherapy patients in the connection of various procedures, so that patients less waiting, reduce anxiety; Before discharge, provide comprehensive discharge guidance for the patient, inform the patient of matters needing attention after discharge, especially skin care and diet care, urge the

patient to return to the hospital for regular consultation, and provide the hospital contact information for the patient to consult at any time.

2.3 Observation Indexes

(1) QOL scale was adopted to evaluate the quality of life of patients in the two groups after receiving nursing intervention. The total QOL score was 60 points, and the higher the score, the better the quality of life of patients.

(2) The nursing satisfaction questionnaire made by our hospital was used to evaluate and compare the nursing satisfaction of patients in the two groups. Patients' evaluation is divided into three categories: very satisfied, satisfied and dissatisfied. Very satisfied and satisfied the sum of the number of patients than the total skilled patients, nursing satisfaction.

2.4 Statistical Methods

SPSS20.0 was used to conduct statistical analysis of the relevant indicators of the two groups of patients in the study. The measurement data were evaluated by t test, and the enumeration data were evaluated by χ^2 test.

3. Results

3.1 Comparison of Life Quality

After the investigation and statistical analysis, the QOL score of patients in the study group who received humanistic care was (49.3 \pm 5.1) points, and the QOL score of patients in the reference group who received conventional nursing intervention was (36.4 \pm 6.4) points. The score of patients in the study group was significantly higher, $P < 0.05$.

3.2 Comparison Table of Nursing Satisfaction

As can be seen from the data in table 1 below, only 2 patients in the study group who received humanized care were dissatisfied, and the nursing satisfaction was 95.8%. 13 patients in the reference group who received routine nursing intervention were dissatisfied with the nursing satisfaction of 72.9%, and the satisfaction of the study group was significantly higher ($P < 0.05$).

Table 1 comparison of nursing satisfaction

group	n	great satisfaction	satisfaction	dissatisfaction	satisfaction rate
the study group	48	38(79.2)	8(16.7)	2(4.2)	46(95.8)
the reference group	48	21(43.8)	14(29.2)	13(27.1)	35(72.9)
P					<0.05

4. Discuss

Research shows that the incidence of esophageal cancer, and the patient's age, life habits, living environment have a certain relationship. At present, the number of patients with this disease is gradually increasing; Moreover, esophageal cancer is more common among the elderly, and the aging trend of China's population is increasingly intensified, so the prevention and treatment of esophageal cancer is very important.

Currently, the main clinical treatment for esophageal cancer is surgery, while radiotherapy and chemotherapy are also one of the most important complementary therapies. It can be said that radiotherapy for patients with esophageal cancer, has an important significance. However, for most elderly patients with esophageal cancer, the body function itself is relatively poor, the immune capacity is destroyed, so in the process of receiving radiotherapy, often produce a very strong sense of discomfort; In addition, long-term treatment is likely to cause patients to lose confidence and suffer great mental pressure. Meanwhile, treatment is also bound to bear economic pressure. These bad mood, have very big negative effect to the patient's treatment.

The so-called humanized nursing is the nursing intervention based on the humanized relationship and care of patients. Compared with conventional nursing intervention, humanized nursing embodies an active nursing. Through the active intervention and comfort of patients' spirit, psychology and physiology, patients can feel more humanistic care, so as to improve nursing satisfaction and quality of life, and gradually establish a good and positive treatment attitude. This is undoubtedly very helpful for the treatment of patients. Moreover, humanized nursing should not only focus on clinical nursing, but also expand its nursing scope to daily life, psychological state, family problems and so on. The nursing from routine nursing passive, only for the disease of the nursing model, change to the active type, the patient's mental health as the core of the nursing model.

In this study, we obtained the following data: the QOL score (49.3 ± 5.1) of the study group receiving humanistic care was significantly higher than that of the reference group receiving conventional nursing intervention (36.4 ± 6.4). Meanwhile, the nursing satisfaction of the study group was 95.8% higher than that of the reference group (72.9%). All the differences were statistically significant, $P < 0.05$. It can be seen that humanized nursing has a significant effect on improving patients' quality of life and nursing satisfaction.

In conclusion, humanized nursing can significantly improve the quality of life of patients and improve their satisfaction with nursing in the process of nursing and radiotherapy for elderly patients with esophageal cancer, which has high clinical application value.

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