

Research Progress of Continuous Nursing for Postoperative Patients with Breast Cancer

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Abstract: Objective To reduce the economic burden of patients, improve the survival quality of patients after surgery and improve their physical and mental condition while saving medical resources through continuous nursing. Methods By reading the literature, what is continuous nursing, what are the ways of continuous nursing after breast cancer surgery, the content of continuous nursing and the development of continuous nursing were reviewed. Results Telephone follow-up after discharge, family visit and continuous nursing based on “Internet+” can improve the quality of life of postoperative patients and promote their physical and mental health. Conclusion Nursing plays a positive role in the rehabilitation of patients with breast cancer after surgery. We should teach patients how to observe the wound and do a good job in the prevention of lymphedema. At the same time, we should do a good job in diet guidance and psychological nursing to promote the development of continuous nursing, so that more postoperative patients can enjoy high-quality health care.

Keywords: Postoperative Breast Cancer; Omaha System; Continuity of Care; Research Progress

Introduction

Breast cancer is a more common malignant tumor in women^[1]. With the development of society, women are under increasing pressure. The number of people suffering from breast cancer is increasing year by year and the age of onset is getting younger and younger, which has a great impact on women's life and health^[2]. At present, the main method to treat breast cancer and improve the survival rate of patients is surgery, but the postoperative wound pain and poor body image have caused great stress to patients, most patients will appear depression, pessimism and irritability and other bad emotions, which has a great impact on the prognosis of patients. In recent years, the hospital in order to save the cost of patient hospitalization, shorten the number of days of patient hospitalization^[3], patients may be discharged after the condition is stable, after leaving the hospital patients will face a variety of medical care problems. Although the patient in the hospital has also received a lot of kinds of health education, but breast cancer surgery wound larger, need to go home after a long time of rehabilitation exercise and the patient's knowledge is not enough to deal with complex and diverse changes in the condition, and continuity of care according to the specific situation of patients to provide patients with a variety of guidance, enhance the patient's ability to self-care, improve the quality of life. Therefore, the continuity of nursing care for breast cancer patients after surgery is very meaningful.

1. Definition of continuity of care

Continuity care is a part of the overall care, is an extension of hospital care^[4], is a new nursing model after the overall care^[5], is a kind of preoperative, postoperative and discharge for patients to provide uninterrupted, seamless nursing services^[6], so that patients can be transferred in different occasions can receive all the time nursing services^[7], strengthen the guidance of patients' daily life and rehabilitation exercise. Can improve the patient's postoperative recovery and self-care ability, so that the patient's rehabilitation has been further guaranteed, can also reduce the incidence of postoperative complications of patients, prevent further deterioration of the condition, improve the survival probability of patients, is a kind of hospital to the family, save medical resources extended rehabilitation nursing^[8].

2. Continuation of nursing after breast cancer surgery

2.1 Telephone follow-up after discharge

The continuity of care in China is still in the immature stage^[9], the most widely used continuity of care in the hospital is that the department nurses regularly telephone follow - up^[10-11] of discharged patients, according to the patient's feedback on the patient's personalized

nursing guidance, so as to improve the patient's self-care ability, enhance the timeliness, planning and pertinence of the continuity of care^[12].

2.2 Family visit

The personnel who have received continuous nursing training in the hospital regularly visit the patients living near the hospital with nursing needs, and provide personalized nursing services according to the specific conditions of the patients. Door-to-door visits can also timely detect the psychological changes of the patients. Patients with serious negative emotions should be strengthened observation and psychological nursing according to the guidance of professional doctors. Actively encourage patients' families to use appropriate ways to express care and support^[13] for patients.

2.3 Continuous care based on “Internet +”

In recent years, patients have been widely using “Internet +” based continuity care after discharge, which has developed into a new nursing trend^[14]. “Internet +” continuous care breaks the limitation of time and space, improves the timeliness and convenience^[15] of continuous care. As long as patients have the network, they can query and retrieve the text information, pictures, videos and other content they need through QQ, wechat, Weibo, Tiktok and mobile communication network platforms^[16], and these contents can be saved and read repeatedly. It is beneficial to improve the reserves of relevant knowledge of patients, enhance the confidence in postoperative rehabilitation, improve the enthusiasm of patients for the disease, and do not escape and do not retreat when encountering difficulties.

2.4 Hold regular symposiums or health lectures

The symposium provides information support and nursing support for patients discharged after surgery, allows patients who have recovered well after surgery to share their rehabilitation skills and emotional activities, promotes the relationship between patients and allows other patients to get encouragement and build confidence. Invite the corresponding experts to answer questions for them, improve the postoperative patients' understanding of the disease, reduce the anxiety caused by lack of knowledge^[17]. Symposiums and health lectures also make up for the lack of continuous care based on “Internet Plus”, so that patients who do not use “Internet Plus” can actively participate in it.

2.5 Establish an integrated hospital-community-family model

Continuous nursing is the extension and development of traditional hospital nursing. For special types of people, a new type of hospital-community -family integrated nursing model has been developed, which ensures the integrity of information data when patients are transferred in different locations or different Spaces in the same place. Reduce the burden of medical care resources, mainly by the hospital to give disease diagnosis and treatment, community health service institutions to provide medical nursing personnel, family members to provide care and support for patients in various aspects after surgery^[18]. Gradually form a tertiary hospital radiation secondary hospital, community medical and health service institutions in the form of promoting the effective transmission^[19] of patient information in different platforms, and ultimately provide patients with comprehensive and personalized continuity care services.

2.6 Continuity of care based on Omaha system

The Omaha system is a standardized linguistic system proposed in the United States in the 1970s for classifying problems^[20]. The system consists of three parts: problem classification system, intervention system and problem outcome evaluation system. It is a basic tool for evaluation from the perspective of holistic model, including problem classification system (covering environmental, psychological, physiological and health-related behaviors), intervention system and outcome evaluation system^[21]. This system is of great help to nurses in clinical practice, language recording and information management, and can solve a variety of nursing problems. At present, it has been widely used in continuous nursing, and has achieved good nursing effect^[22].

3. The content of continuity nursing

3.1 Wound Care

Postoperative wound care is particularly important for patients with breast cancer because of large wound trauma and long recovery time. Nursing staff should provide patients with wound care related knowledge, teach patients to observe wound recovery, promote wound recovery, guide patients should go to less crowded public places, to avoid improper protection and infection. For patients with large postoperative wound scars, they can go to the cosmetic hospital for corresponding surgical treatment according to their own conditions^[23].

3.2 Prevention of lymphedema

In order to prevent the occurrence of lymphedema, patients can perform acupuncture, massage and other physiotherapy therapy after surgery, and do a good job of skin care to prevent complications. More encourage patients to actively participate in outdoor sports, studies show that the organic combination of aerobic exercise and vitamins can reduce the incidence^[24] of lymphedema to a certain extent.

3.3 Dietary guidance

Patients may have poor appetite after surgery due to various reasons, we should understand the patients' dietary preferences in advance and encourage them to eat more nutritious and digestible food combined with their existing problems. Encourage them to eat more vegetables and fruits, eat less irritating food.

3.4 Psychological Guidance

Patients with breast cancer after surgery may have negative emotions such as anxiety, low self-esteem and depression due to wound pain, worry about the prognostic effect and disorder of their body image, and lose their enthusiasm for life and treatment. We should give regular psychological guidance to postoperative patients to help them get out of negative emotions and regain confidence in life.

4. Discussion

Continuity of care in foreign countries started early, and now the development is relatively perfect, while continuity of care in China is still in the stage of immature development, continuity of care members are mostly composed of doctors and nurses, other

members are less involved, people are still unfamiliar with the concept of continuity of care, so we should learn more foreign successful experience, actively find a variety of ways of continuity of care, Cultivate a professional continuity care team, so that patients can also enjoy continuity care services after discharge and improve the quality of life. The effective use of medical resources can also enhance the mutual understanding and respect between medical care and patients.

5. Summary

Continuous care makes up for the lack of traditional hospital care, breaks the limitation of time and space, so that patients can receive relevant nursing information anytime and anywhere after discharge and the continuous care model based on "Internet +" allows patients to repeatedly watch disease -related knowledge on the network platform, which solves a large number of patients' anxiety caused by poor memory. Continuity of care not only saves medical resources but also provides patients with the required nursing services. But at present, the continuous nursing development in China is not perfect, and most patients are still in the passive acceptance stage of the new model of continuous nursing based on "Internet +". We should learn foreign excellent relevant knowledge and actively look for more continuity of nursing methods suitable for our country, pay attention to the multi-disciplinary development of continuity of nursing. At the same time, we should continue to improve the legal knowledge of network security, so that patients can enjoy the convenience brought by "Internet +", but also do a good job in the protection of patient privacy.

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