



EFFECT ON COLORECTAL CANCER PATIENTS' ANXIETY LEVELS OF PLANNED FOLLOWING AT HOME



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Purpose; The purpose of the present study is to evaluate the effects on anxiety and coping style about cancer management of program Nursing education, web consultancy, telephone consultancy in colorectal cancer patients receiving chemotherapy.

This pre-test – post-test experimental and qualitative study include home visits and counselling trainings to be held for patients receiving chemotherapy. A six-month follow-up was performed for patients receiving chemotherapy.

First, patients and families coming to the chemotherapy unit will be provided with training and leaflets about possible post-chemotherapy symptoms and coping strategies by a nurse in charge. During the 6-month follow-up process within this program, home visits were held three times, interim follow-ups were performed and web-based and telephone counselling services were provided.

The effectiveness of the informational and training programs will be evaluated through pretest and posttest Spielberger anxiety inventory and qualitative data form (include knowledge of coping style, helper persons, senses, and thinkings about cancer care and chemotherapy). All participant number were 40 control and 42 experimental groups. We taken etical board suitable.

At control group age mean is 63.1 ± 10.6 . Experimental group, age mean is 67.5 ± 10 . All participant of 64.9% (24) were men and 34.1% (n=63) were women; 91.9% (n=34) were married and 8.1% (n=3) were single.

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It was founded that at control group include high levels state and trait anxiety from experimental group after planned home visit and nursing care (for stait, $t= 4.269$, $p<0.001$; for trait, $- 6.608$, $p<0.001$).

