

Summary

Cancer is a disease in which the cells fail to respond to the homeostatic mechanism that controls the normal cellular birth and death processes. Ovarian cancer is the sixth most common cancer worldwide and the seventh most common cause of deaths from cancer in women. Recent annual worldwide figures in (2007) reflect 204,000 new cases of ovarian cancer and 125,000 deaths. Treatment of advanced ovarian cancer involves a combination of surgery and chemotherapy, both of which may impact a woman's physical, social, and emotional well-being(*Sun,etal, 2007*)

Chemotherapy has advanced tremendously in recent years, and is being increasingly used in the management of gynecological malignancies. Chemotherapy is also used for recurrent and advanced diseases that are not amenable to surgery or radiotherapy; to reduce the tumor volume and provide a short-term palliation. (*Padubdri & Daftary, 2008*) The potential benefit to the patient of treatment as an option must always outweigh the toxic effects. Most serious side effects of the treatment don't occur in the chemotherapeutic clinic, but develop after the client has returned to home. Knowing about the expected side effects of cancer treatment and appropriate interventions increases patient's ability to give prompt, effective care (*Black& Howks, 2009*)

Nurses have a key role to play in caring for a patient receiving chemotherapy the oncology nurse has to undertake a wide variety of roles and responsibilities. She has to explain the patient about the chemotherapy treatment. Along with these, she has to take care of the patients and also answer all their queries related to the chemotherapy

treatment, take special care, giving health education and guide them to effectively deal with the side effects. she also requires to take up some more responsibilities such as maintaining the medical records of the patient, providing them medicines at the right time and also closely monitoring the symptoms of the patients and informing the doctors.

(Fall-Dickson , Rose, 1999)

the aim of this study was to evaluate the effect of instructional guideline for relieving chemotherapy side effects on women with ovarian cancer .

The hypotheses of the study were:

- There is the majority of women with ovarian cancer have chemotherapy side effects.
- There is instructional guideline will relieve side effects of chemotherapy treatment on women with ovarian cancer.

An interventional study design was used . The study was carried out at outpatient clinic in the clinical oncology unit at Menoufia University Hospital. The sample was a convenience sample and The sample was collected through six month ,all patients with previous mentioned sitting and with the following criteria was included in the study (40 patients) .

Criteria:

- Age : from 18 -75 years
- Willing to participate in the study.
- Just starting chemotherapy; patient should have one session.
- definite diagnosis of ovarian cancer

Ethical and legal Consideration

- The purpose of the study was explained to each women.
- Consent obtained from each woman to approve for participating in the study.
- The tools of this study were not touch the women's shyness.
- The study was conducted in safe places for the women's and had not any physical, social, or psychological risk on participant women

Data were collected through using the following tools:

- I-Interviewing questionnaire sheet:
- II- Common toxicity criteria adverse events scale
- Guide booklet

Pilot study was carried out on 10% of the sample for two weeks (4 patients) in order to assess the applicability of the study tools

The study results:

The present study showed that , slightly less than half of sample were between (50 – 60) years, , and more than half of them were married and illiterate and the minority of them were read &write, regarding residence the majority of sample from rural area.

There were highly significant improvement in knowledge mean scores of women regarding Causes , Signs and symptoms of ovarian cancer, treatment methods of ovarian cancer, and definition of chemotherapy during immediate post test and After three months as compared to Pre-intervention mean scores .

there were highly significant improvement in practices as reported by patients mean scores regarding nausea and vomiting, fatigue

,alopecia ,mucositis, diarrhea during immediate post test and Three months after test as compared to pre program - mean scores .

Conclusion :

The study concluded that: there was positive correlation between practices as reported by patients and knowledge while there is negative correlation between action of patients and total scale score of chemotherapy side effects.

Based on the results of this study. The following were recommended:

- Implementing the developed instructional guideline for patients under chemotherapy cycles and in chemotherapy units' out- patients' clinics and in- patients unit.

