

## STRESSED BREAST CANCER PATIENT - A CASE REPORT

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### Abstract :

Breast cancer can cause stress and the patients may need nurse's support for the ventilation of feelings and thoughts. A female patient aged 45 years newly diagnosed with breast cancer was stressed. Patient was made to ventilate feelings through face to face confrontation and observed for one month duration. The patient showed reduction in the stress level.

Keywords: Stress, Breast cancer

### Introduction :

Breast cancer patients have the highest stress levels <sup>3</sup>. 'Silent killer' is the best term applicable to stress. It can lead to state of unhealthy. Stress is a unique in the causation of diseases. It has no biological carries such as germ or viruses rather it is a result of how our mind and body function and interact <sup>1</sup>. Ventilation of feelings and thoughts reduces stress among breast cancer patients.

### Case report :

A female patient aged 45 years newly diagnosed with breast cancer, clinical stage II was admitted in Erode Cancer Centre at Erode. She exhibited with crying spells, anxiousness and restless activity. There was history of sleeplessness, loss of appetite and weight loss. She had undergone hysterectomy before 7 years. She was a tobacco chewer for the past 20 years. On clinical examination she had increased heart and respiratory rate with increased blood pressure followed by a mental status examination which showed the inference of impaired attention,

concentration and immediate memory. Examination on other areas in mental status was not significant. At the day of admission she was not able to speak out her feelings and thoughts which indicate

stress.

She was initiated to ventilate her feelings and inner thoughts on one to one basis for 30-45 minutes twice in a week for one month.

### First week

On the first day of the nursing care trust worthy relationship was established with the patient. On the very next day she was encouraged to ventilate feelings and thoughts on psychosomatic problems such as pain, sleeplessness, tiredness and sexual problems followed by informational support regarding the ways to overcome it was given.

### Second week

She was initiated to verbalize feelings and thoughts regarding inner fear about the breast cancer followed by informational support in order to relieve from fear. On the subsequent day she was made to ventilate on previous information on breast cancer and its treatment.

### Third week

She was motivated to talk about the problems with everyday life activities such as sports, movie, hobbies followed by informational support to engage in relaxing activities. On the next day she was encouraged to verbalize the social problems and relationships followed by informational support to strengthen the social support network system.

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#### Fourth week

The patient was made to share feelings on problems with spiritual wellbeing such as prayer and meditation.

At the end of the fourth week she had no crying spells, her anxiety level got reduced with evidenced clinical examination which reveals stabilized blood pressure, heart and respiratory rate.

On mini mental status examination status co was maintained with impaired immediate memory. But she had

improvement in the area of attention and concentration. Observation and clinical examination showed that the patient's stress level was reduced to some extent.

#### Conclusion :

The emotional support given by the nurse through ventilation of feelings and thoughts by the breast cancer patient helps one to overcome anxiety when one faces stressful events, gives courage and encourages to accept the condition.<sup>2</sup>

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