Universidad de Navarra | FACULTAD DE ENFERMERÍA

NURSING STRATEGIES FOR MANAGING THE PSYCHOLOGICAL IMPACT OF BREAST CANCER TREATMENT ON WOMEN: A LITERATURE REVIEW

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INTRODUCTION

- Breast cancer is the most prevalent neoplasm in women worldwide, with significant physical, emotional, and social impact [1].
- While survival rates have improved, treatments often lead to psychological challenges such as anxiety, altered body image, and distress [2].
- Nursing plays a crucial role in both physical rehabilitation and emotional support throughout the cancer journey.
- Effective interventions must be tailored to the woman's life stage and psychosocial needs.

AIM

To identify the most effective nursing strategies in addressing the psychological impact of breast cancer treatment on women.
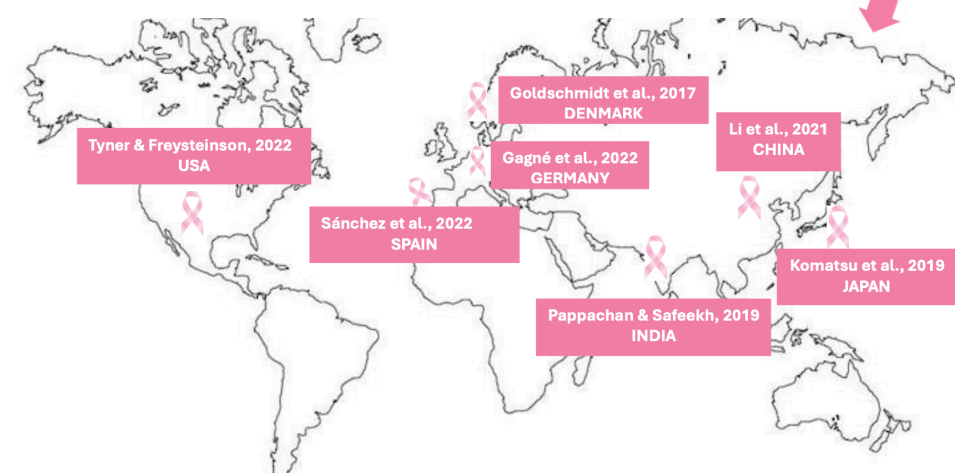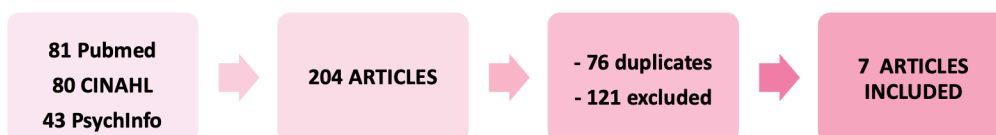
METHODOLOGY

- Databases [10, 11, 12]:

  PubMed   CINAHL Available via EBSCOhost   AMERICAN PSYCHOLOGICAL ASSOCIATION PsycINFO®

- Research question:

POPULATION	INTERVENTION	OUTCOME
Women undergoing breast cancer treatment	Nursing strategies	Psychological impact

- Keywords and boolean data

Intervention	AND	Nursing	AND	Psychological impact	AND	Breast cancer	AND	Women

INCLUSION CRITERIA	EXCLUSION CRITERIA
Psychological impact during treatment	Non-female groups
Nursing-led interventions	Diagnosis/recurrence psychological impact
Qualitative/quantitative studies	Prophylactic treatments or cancer survivors
Published 2016 -2024	Preexisting psychological conditions
Spanish and English	

81 Pubmed / 80 CINAHL / 43 PsychInfo → 204 ARTICLES → - 76 duplicates / - 121 excluded → 7 ARTICLES INCLUDED

Tyner & Freysteinson, 2022 USA
Goldschmidt et al., 2017 DENMARK
Gagné et al., 2022 GERMANY
Li et al., 2021 CHINA
Sánchez et al., 2022 SPAIN
Komatsu et al., 2019 JAPAN
Pappachan & Safeekh, 2019 INDIA

RESULTS

CATEGORIES

CONTINUOUS PSYCHOSOCIAL AND EMOTIONAL SUPPORT	→ Self-management program [3] ($p = 0,026$) → Motivational interview [4]
PROVISION OF SPECIFIC INFORMATION AND EDUCATION	→ Patient-centered education sessions [3] → Interactive communication techniques [5]
PERSONALIZED NURSE NAVIGATION SUPPORT	→ Individualized guidance [4,6] ($p = 0,01$)
FAMILY SUPPORT AND INCLUSION OF LOVED ONES	→ Mind mapping [7] ($p < 0,05$) → Focus groups [8]
BODY IMAGE ADAPTATION SUPPORT	→ Emotional preparation [9] → Post-surgical counseling [4,6]

CONCLUSIONS AND IMPLICATIONS FOR NURSES

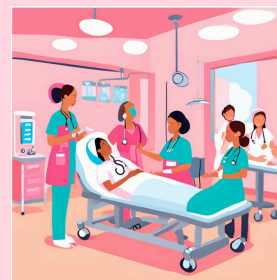| NURSING INTERVENTIONS	• Reduces anxiety and depression • Improves emotional well-being
PATIENT EDUCATION FAMILY INVOLVEMENT PERSONALIZED NURSE NAVIGATION	• Empowers patients • Reduces distress
EFFECTIVE STRATEGIES	• Self-management • Motivational interviews • Focus groups
FURTHER RESEARCH NEEDED	• Long-term effects and cultural applicability

Case analysis

Information materials

Communication systems

Round tables
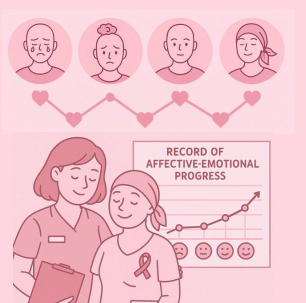

Research data recording

Emotional register

REFERENCES