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A randomized controlled trial study on effectiveness of yoga for sleep disturbance among breast cancer patients

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Background: Since 1982, breast cancer has been ranked first in female cancer in Taiwan. For breast cancer survivors, cancer can be regarded as a kind of chronic disease. According to statistics there were about 30-90% breast cancer patients reported of impaired sleep quality after operation. It's important to do something to help them to solve the problem of sleep disturbance.

Method: The researchers recruited a convenience sample and randomly assigned from a hospital in north Taiwan. The subjects were breast cancer patients whom had receiving surgery more than three months. Patients in the experimental group were asked to follow a 12weeks of A-Ha-Yo program, three times a week, 40-minute Yoga exercise protocol. Sleep quality was assessed by using the Pittsburgh Sleep Quality Index.

Result: The subjects consist of 93 breast cancer patients,

48 cases in experimental group and 45 cases in comparison group. There were no significant differences between demographic data expect family history ($\chi^2=4.79$, $p=.035$). There were 33.3% cases had sleep disturbance in experimental group, and 27.1% cases had sleep disturbance in comparison group. After A-Ha-Yo program had done, the researchers used Generalized estimating equation (GEE) to analyze. Significant differences were found in the subjects PSQI ($B=-0.29$, $SE=0.11$, $p=.010$) in the second month, and PSQI ($B=-0.60$, $SE=0.21$, $p<.001$) in the third month.

Conclusion and Recommendation: A-Ha-Yo program could improve sleep disturbance among breast cancer patients. A-Ha-Yo program is a simple exercise and could be an exercise prescription for breast cancer patients whom had surgery after three months. A-Ha-Yo program could enhance their physical and psychological comfort status.

Biography

Jia Ling Lin has completed her master degree at the age of 40 years from National Taipei University of Nursing and Health Sciences, Taipei, Taiwan. She is the surgical ward's Head Nurse of Hsinchu Cathay General Hospital. She has been engaged in surgical nursing for 18 years. She has published about 5 papers in reputed journals.

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