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Experience of patients with breast cancer: A phenomenological study, reaction to illness, adaptation and coping

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This phenomenological research aims to explain the experiences of breast cancer patients in being reaction to illness, adaptation and coping post-illness. In-depth interviews were used to collect data from 30 participants who had breast cancer and lived in Nakhon Ratchasima. Data were analyzed by modified Colaizzi's method. The results found that the participants reflected experiences three themes:

- 1. Reaction to illness:** Phase of screening and waiting period; most of them were worry, frightened and fear that they would have cancer. Phase to know the results; they had different reactions to cancer such as denied, separated, angered, bargained, depressed and accepted. Phase to live with the disease; they sought more knowledge and decreased stress and anxiety.
- 2. Adaptation:** Lifestyle changing post illness; they worked less and more concern care themselves. Thoughts or beliefs about suicide; most of them did not think of suicide because they feared of sin. Reasons for living of them were, loving and caring for their family. Sense of self before and after illness; they felt their life were precious so they must took care themselves more. Feelings of the daily lifestyle; most of them though that they were valuable, advantage, accepted and fought to the disease.
- 3. Coping with post illness:** they consulted and asked for support from their families and tried to cope by themselves. Finding of this study will be beneficial for psychosocial care, promote mental health and adaptation for further breast cancer patients.

Biography

Sakda Khumkom has completed his Master of Science degree in Mental Health from Chulalongkorn University and PhD in Development Science from Khonkaen University, Thailand. He is an Instructor of School of Psychiatric Nursing, Institute of Nursing, Suranaree University of Technology, Thailand. He has expertise in mental health and psychiatry, sex education, counseling, depression as well as suicide field.

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