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Nursing approach based on interpersonal relations theory of H.E Peplau in patients scheduled for mastectomy due to breast cancer

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Peplau has developed a useful Nursing model, useful in various contexts of Nursing, in which the Nurse has a therapeutic relationship with the patient. The essence of Peplau's Nursing model is interpersonal process. This process comprises sequential phases of orientation, identification, exploitation, and resolution. Within the scope of Peplau's model, the approach towards patients scheduled for mastectomy will be discussed. The patient diagnosed with breast cancer is admitted to the clinic for mastectomy. Meeting the Oncology Nurse for the first time as a stranger, the patient will experience the first step in the interpersonal process orientation. In this process, the nurse gathers information required to define the problem (patient is very nervous, has lack of information), patient's need for help is defined by the nurse and patient-nurse relationship is commenced. Teaching objectives are determined (post-surgery care, learning the dietary habits and family's participation in care). In the second step, identification, nurse discusses patient's concerns (paying the bills, maintaining one's job, changes in sexual changes and changes in the body image) and makes plans according to the patient's needs. In the third step, exploitation, nurse-patient relationship is now based on trust. Functions of breast and lymph nodes, their surgical exposure is explained and drawn on an anatomical model, written education material is provided. Family's participation in the education is supported, encouragement is provided to take part in support groups. In the resolution steps, other steps are successfully completed and patient's needs are met. Patient's independence is evaluated, problems about the quality of life are discussed. In this phase, nurse and patient terminate their relationship based on treatment. Use of this model in the planning and application of the nursing care in patients scheduled for mastectomy is thought to influence patients' adaptation to the changes in their life style.

Biography

Kamile Kirca has her expertise in the field of Internal Medicine Nursing. Her working areas are Medical Oncology, Radiation Oncology, Palliative Care and Geriatrics. She has participated in various symposiums, courses and congresses on related fields. She worked as an Oncology Nurse for four years and has been working as a Research Assistant at an educational institution for one year. She is also writing her dissertation as a Doctoral student. She has taken courses on Oncology Nursing, Rehabilitation Nursing, Intensive Care Nursing and Nursing Models.

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