

Effect of The Patient's Self-Care Program in Differentiated Thyroid Cancer patients Treated with Radioactive Iodine 131

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Abstract

Background and Objective: The purpose of this study was to study the effect of teaching by using video media together with self-care manual on knowledge of patient with differentiated thyroid cancer treated with radioactive Iodine 131

Methods: Semi-experimental group research (one group pre - posttest design). The study group was 79 patients that were purposively sampling from well-developed thyroid cancer patients who were first time admitted, aged 18 years or above. Tools used in the study were: 1) video media and a manual on disease knowledge, treatment and practice, which were evaluated for content validity index were 0.75 and 0.84, 2) Assessment form for knowledge and practice with calculated the Cronbach's alpha coefficient of 0.76. A 20-minute pre-test was performed on the first day of admission. Thereafter, a 20-minute video demonstration along with self-care manuals were provided. Patients were allowed to study the manuals throughout their treatment course. A 20-minutes post-test (same as pre-test) was conducted on the day that they were discharged from the hospital. Data were analyzed by a paired t-test.

Results: It was found that the average score of knowledge about disease and treatment was significant increased after receiving the self-care program (mean different= 6.84, CI = 6.19- 7.50, P-value = <0.005). In addition, the practice score was also significant improved after the program (mean different = 6.08, CI = 5.22-6.95, P-value = <0.005).

Conclusions: Teaching by using video media, nurses are encouraged to provide a proper training to incoming patients to ascertain that patients are at best of their knowledge for self-care practices.

Key Word: 1) Self-Care 2) Differentiated Thyroid Cancer 3) Radioactive Iodine 131

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