ABSTRACT

A problem for many cancer survivors is a lack of education within their survivorship care-plan on self-care strategies that promote healthy lifestyle behaviors which include weight management, a healthy diet, regular exercise, and smoking cessation. These healthy lifestyle behaviors have the potential to significantly reduce morbidity and increase mortality in cancer survivors. The implications of the self-care strategy project are to use the SCP with self-care strategies to promote a healthy lifestyle among cancer survivors. For many the purpose for informed self-care strategies becomes very important as they look forward to the successful completion of therapy. Self-care strategies can be used to improve recovery time following treatment, improve quality of life, and prevent recurrence and secondary primary cancers.

LITERATURE REVIEW

A literature review provided important support for self-care strategies provided with the SCP to promote:
• Evidence-based practice interventions of healthy food choices, physical activity, and weight management (1).
• Healthy lifestyle behaviors to promote the potential to significantly reduce morbidity and increase mortality in cancer survivors (2).
• Healthy goals to have a positive impact on health resiliency and the prevention of cancer recurrence (3).
• Healthy lifestyle behaviors which include weight management, a healthy diet, regular exercise, and smoking cessation. These healthy lifestyle behaviors have the potential to significantly reduce morbidity and increase mortality in cancer survivors. The implications of the self-care strategy project are to use the SCP with self-care strategies to promote a healthy lifestyle among cancer survivors. For many the purpose for informed self-care strategies becomes very important as they look forward to the successful completion of therapy. Self-care strategies can be used to improve recovery time following treatment, improve quality of life, and prevent recurrence and secondary primary cancers.

THEORETICAL FRAMEWORK

Pender’s Health Promotion Model (HPM) can be applied in context for use and nursing implications, which helps improve health promotion interventions. These interventions are necessary for improving the health of individuals everywhere. Pender believes that people of all ages can benefit from health promotion care, which can be delivered through schools, work places, and health settings. Pender believes that nurses should work toward empowerment for self-care strategies through education and enhancing the patient’s personal development (4).

CONCLUSIONS

The Informed Self-Care Strategy Project explores achievements that may impact the future of SCP and Treatment Summaries within the Intermountain Health-care Oncology Program. The key findings of the project impact the cancer survivor’s knowledge of self-care strategies to improve recovery time following treatment and the patient’s quality of life (1). The major outcomes of the project include deliverable teachings of lifestyle modifications, an example of a healthy dietary pattern, walking program recommendations for cancer survivors, an example of how to monitor dietary fat, dietary pattern, and explanations regarding how nutrition and diet can increase or decrease cancer risk. This is to support research indicating healthy eating patterns and certain lifestyle modifications can lower cancer risks and recurrence rates while improving the overall health for an individual (4).

REFERENCES


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PROJECT METHODOLOGY

The significance of the informed self-care strategies for cancer survivors will address the effect of self-care strategy education within a SCP on improving health resiliency over six months post cancer treatment. The components of this project will involve lifestyle modifications to include a prescription for exercise, supporting a healthy weight through an appropriate diet, examples of healthy eating patterns, and explanations regarding how nutrition and diet can increase or decrease cancer risk. This is to support research indicating healthy eating patterns and certain lifestyle modifications can lower cancer risks and recurrence rates while improving the overall health for an individual (4).