

### 3 บทคัดย่อบทความวิจัยด้านการพยาบาล

**Title:** Breast-Cancer-Related Lymphedema: Information, Symptoms, and Risk-Reduction Behaviors

#### **Abstract**

**Purpose:** To explore the effect of providing lymphedema information on breast cancer survivors' symptoms and practice of risk-reduction behaviours.

**Design:** A cross-sectional design was used to obtain data from 136 breast-cancer survivors in New York City from August 2006 to May 2007. Descriptive statistics, t-test, chi-square tests, and correlations were calculated.

**Methods:** Data were collected using a demographic and medical information interview tool, two questions regarding status of receiving lymphedema information, the Lymphedema and Breast cancer Questionnaire, and Lymphedema Risk-Reduction Behaviour Checklist.

**Findings:** Fifty-seven percent of the participants reported that they received lymphedema information. On average, participants had three lymphedema symptoms. Participants who received information reported significantly fewer symptoms ( $t=3.03$ ;  $p<0.00$ ) and practicing more risk-reduction behaviours ( $t=2.42$ ;  $p=0.01$ ).

**Conclusions:** Providing lymphedema information has an effect on symptom reduction and more risk-reduction behaviours being practiced among breast cancer survivors.

**Clinical Relevance:** In clinical practice, nurses and other healthcare professionals could consider taking the initiative to provide adequate and accurate information and engage breast-cancer survivors in supportive dialogues concerning lymphedema risk-reduction.

[**Key words:** breast-cancer-related lymphedema, symptoms, risk-reduction behaviours]

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#### อธิบายองค์ประกอบ

เป็นบทคัดย่อบทความวิจัย

เนื้อหาชัดเจนตามหัวข้อ คือ

**Purpose** วัตถุประสงค์

**Design** ออกแบบการวิจัย

**Methods** วิธีการวิจัย

**Findings** ผลการวิจัย

**Conclusions** บทสรุป

**Clinical Relevance** ความเกี่ยวข้องกับการดูแลรักษา

**Research limitations/implications** ข้อจำกัดและข้อเสนอแนะจากผลงานวิจัย

**Originality/value** คุณค่า ความริเริ่ม