

Study on the Management of the Cancer Patients During the Treatment Recovery*

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Abstract: Purpose: To assess the community health service station electronic health records for rehabilitation of cancer patients after discharge. **Method:** After hospital discharge. The choice of 62 cancer patients in the community to establish electronic health records as the experimental group, The community management and treatment standard through health education, diet instruction, psychological counseling, regular follow-up, The control group was from 59 cancer patients that were observed over the same period that were not established electronic health file. To be explored by the comparative on the psychology rehabilitation and therapeutic effects between the experimental and the control groups. **Results: Cancer** patient's psychological rehabilitation and treatment and community health records established and regular follow-up, contribute to the treatment of cancer patients recovery, the treatment effect in experimental group was significantly higher than that of control group. **Conclusion:** the community health service station for community health archives establishment and regular follow-up for cancer patients, is advantageous to adjust the level of psychological health of patients, improve the quality of life of patients, prolong life, is worth popularizing widely.

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1. Introduction

In the new science and technology still cannot effect a radical cure cancer today, can find a way to extend the lives of cancer patients is very valuable¹. However, an important factor affecting the life of patients with cancer is cancer patients to bring fear; how to help cancer patients to remove fear is subject to extend the life of cancer patients is very important at present². The community health service station set up electronic health records, a complete record of the basic information of the patients, community health examination, provide continuous health, medical, prevention, rehabilitation and other series of service to patients, so that the community medical records are healthy people a sense of security. This study is the 121 cases of medical rehabilitation hospital discharge in patients with cancer and establish health records, health records management process of the cancer patients included in the imperceptibly will also own the health, the health management science to these cancer patients, improve their cancer awareness and the pursuit of life, increase the health concept, and finally realize the life of cancer patients is extended as research objective, to investigate the electronic health records and on the rehabilitation of cancer patients in the recovery of function and value.

2. Material and Methods

2.1. The object of study

Selection of the Second Affiliated Hospital of Zhengzhou University in 2012 January -2012 year in December surgery and oncology inpatient treatment, 121 cases of cancer patients home rehabilitation hospital discharge, were randomly divided into two groups: 62 cases in experimental group as A group, including 33 cases of male, female 29 cases, age 40-78 years old, the establishment of electronic health records, management and treatment of scientific, reasonable, standard. A control group of 59 cases, as B group, including 35 cases of male, female 24 cases, age 38-69 years old, not to establish health files, just go home by the family to take care of recovery. Gender and age between the two groups had no statistical significance ($P > 0.05$).

2.2. Method

2.2.1. Discharge of 62 cases of medical rehabilitation of cancer patients in the community to establish electronic files, regular follow-up. Specific measures: ① psychological counseling. Through propaganda, slides, health lectures, interactive salon on the form to help patients understand medical basic common sense, elimination of patients with negative emotions, relieve superstitious beliefs, to have a correct understanding of their condition, thereby increasing

the patients further treatment confidence³; Some behavioral therapy techniques can help to comply with drug therapy and diet control plan, including self monitoring indicators, strengthening behavior, and behavior therapy²; The patients were instructed to correct and reasonable treatment, rehabilitation treatment, to correct "fill" problem. Department of internal medicine patients after operation or conservative treatment, the body is extremely weak. Patients and their families will be different degrees of blind to supplement nutrition, and nutrition tonic by immunoregulatory Fuzheng can inhibit cancer, rehabilitation so scientific and reasonable method is beneficial to the patients with late. ③The guide patients to reasonable exercise. Cancer patients through Qigong, Tai Chi, dance is suitable for their own physical exercises, pay attention to the gradual, should not act with undue haste. Pay special attention to appear when the body any discomfort or aggravation of disease, should be timely to the hospital referral. ④ adhere to rational drug conditioning. Through the explanation so that patients understand that cancer is a chronic disease, for some injury recovery in the early stage of treatment, need to pass through the long drug therapy to prevent the recurrence and metastasis. ⑤ The regular follow-up; community service personnel to understand the patient treatment and the effects of some reaction through regular home visits form, and on the basis of home visits to review timely adjust medication guide. Through the long-term effects, complications and the patient's quality of life, and to summarize the treatment more effective and

reasonable.

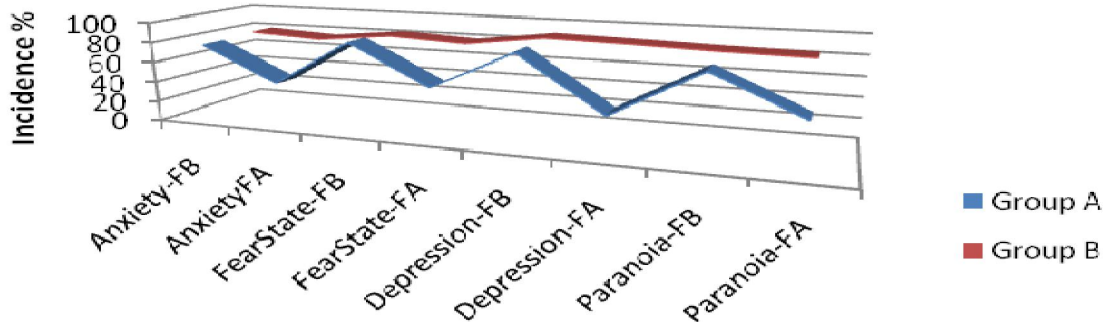
2.2.2. Discharge of 59 cases of medical rehabilitation of cancer patients in community before the establishment of electronic files, regular follow-up. At the same time to observe the two groups of patients in rehabilitation recovery.

2.2.3. Statistics Processing: Use SPSS 19.0 statistical software for statistical analyze. The expression of measurement data is to mean + / - standard deviation. Statistical methods use analysis of variance of repeated measurement data. The two groups were compared using the student T test, $P < 0.05$, the difference was statistically significant.

3. Results:

3.1. Psychological counseling effecting the Mental Symptom incidence(%) on Group A (experimental group) and Group B (control group) before and after the health filing in cancer patients: Through the exchange of such psychological way to obtain the trust of patients and their families, according to family status, patient hobby, cultural level and other factors, varies in the psychological drama, music, painting, cognitive methods such as psychotherapy, help patients to strengthen psychology, universal ethics knowledge, ease the tension of them, eliminate the psychological barriers and a variety of adverse psychological factors, to help restore the psychological state of [2] positive and healthy. Group A and B patients in community electronic health records filing after psychological intervention before and after the psychological factors, there is obvious difference. See table 1 and Fig.1.

Fig.1. Comparison of Mental Symptom Incidence Before and After Filing



Note: 1. FB=Filing before, FA=Filing After; 2. FBs are higher than FAs in Group A, $P < 0.05$. 3. FBs are same FAs in Group B.

Table 1 Comparison of Mental Symptom incidence(%) between Group A and B before and after the archiving

Group	anxiety		Fear state		depressed mood		Paranoia	
	FB*	FA*	FB*	FA*	FB*	FA*	FB*	FA*
Group A	76.3 %	42.6%	87.5%	49.7%	87.2 %	36.4 %	81.3%	46.1%
Group B	78.9 %	75.1%	82.8%	78.9%	88.9%	87.1 %	84.85%	83.6%

*FB=Filing before FA=Filing After.

3.2. Cancer patients know that cancer and standard treatment, their proper exercise, diet and mental symptoms is proportional to establish health files; in the experimental group patients, doctors, nurses, archives management staff and relatives with during hospital treatment, along with the chemotherapy, radiotherapy and the passage of time, gradually to cancer patients on the cancer with the current status of scientific treatment, the cancer patients learn to avoid illness, development of negative emotions can only of cancer accelerating, only actively cooperate

with the treatment, it may prevent cancer development condition, prolong the survival time of patients with cancer of truth, the archiving process called "informed"; the results show when the cancer patients through the establishment of health files, informed that patients with active treatment of awareness raising; patient informed and standardized treatment, proper exercise, reasonable diet is proportional; see Table 2 shows that the treatment of patients with positive reinforcement.

Table 2. Knowing self Cancer is related with the standard treatment, proper motion & science die before & after Filing

Group	Know S.C.		Standand T.		Proper M.		Scientific D.	
	FB*	FA*	FB	FA	FB	FA	FB	FA
Group A	31.2%	78.6%	48.1%	89.3%	37.6%	85.3%	49.7%	76.9%
Group B	26.7 %	35.9 %	42.5 %	45.2%	32.7 %	38.7%	41.2 %	51.4%

Table 2 shows that patients in group B file before the index to control the rate of no statistical significance ($P > 0.05$), and group A in two groups before and after filing control rate was statistically significant ($P < 0.05$). (*FB=Filing Before; FA=Filing After)

3.2. Comparison between experimental group (group A) and control group (group B) on Life quality and treatment effects; In the establishment and not establishing health archives of the experimental group and the control group after a year of comparison and observation, to compare the quality

of life before and after and the treatment results were shown in Table 3; And table 3 shows that patients in group A files after intervention treatment effect, quality of life over time were significantly higher than in group B patients.

Table 3. Comparison of A group and B group before and after the 3 community health archives life quality and treatment effect

Group	Life Quality			Effects of Treatment		
	8M*	10M	12M	8M	10M	12M
Group A	36.2%	41.7%	67.9%	45.3%	64.8%	72.5%
Group B	33.4 %	38.6 %	32.7%	47.6%	38.1%	48.2%

* M=Month.

Discussion

With the continuous progress of society, people's increasing pressure, the incidence of cancer is increasing year by year. The mechanism may be associated with physiological factors, and is closely

connected with the psychological, social factors. Cancer patients after operation or treatment of medical rehabilitation hospital department of internal medicine, conservative treatment period is very important. The community health service station set

up electronic health records in such patients, record the basic personal information, intervention, and provide continuous publicity to the patients, medical, rehabilitation and other series of service activities. The results of this study show the establishment of electronic health⁴.

Cancer patients in that condition after the often negative emotions cause central nervous excessive tension, weakened immunity, increase the body's sensitivity to the pathogenic factors, and thus aggravate the condition. Emotion can kill, but also can save; bad mood on patients with damage than bacteria, virus. Good mood has strong mass destruction of cancer cells, which can't be replaced by any drug, health psychology is an important condition to fight cancer. Correct specification of psychological counseling on this kind of patients, the optimistic, good at expression actively cooperate with the treatment, in a healthy state, will increase its immunity, slow development of the disease³. The community health service station established electronic health records for each patient, familiar with the psychological status of patients, family situation, giving the nursing measures and reasonable, rehabilitation of the latter is particularly important. Enable patients to establish the confidence to overcome the disease and keep calm mind very difficult. To overcome the correct, digestion in a bad mood, let the body fully immune treatment. This study developed in different schemes by patients with known information, the grooming pertinence, unique and effective. At the same time regularly set up patients Association, so that they make friends with each other, mutual encouragement, talk, support. Through the chat, talk therapy, soothing mood; access to a wide range of interpersonal circle, especially to meet with similar patient populations, access to information, friendship and support from, so that patients do not fight a lone battle, but to fight disease⁵.

Emotional stability, a good way of life so that patterns of life of cancer patients, so as to let the body immune function with the treatment. Human body movement oxygen consumption increased, the increase of respiratory frequency, gas exchange through the cells in the body, while the body blood circulation increase; most patients lazy, not willing to participate in the exercise, in fact, according to their own situation actively choose to participate in walking, jogging and other exercise, can make human body physique, improve immunity, increases in body the anticancer ability, at the same time, improve the function of heart and lung and digestive function. The exercise and mental combination therapy persevere, produce good effects on the body, so that patients eliminate distractions, maintain a good mood to

imagine, mind forget unpleasant. At the same time through enhanced patient physique, resistance, can promote the brain, mental health, physiological function of healthy heart body, enhance the body's resistance to various diseases⁶.

Many cancer patients, and some have been very serious, do not give up the hope of life, to live confidently, this is very important⁷. No matter to what extent, always want to approach and looking for a variety of treatment methods, and actively cooperate with, a miracle will appear. And those who heard her cancer, loss of confidence, refused to various treatments, it will be difficult to achieve success. You should think of, as long as there is life, it is necessary to make a life and death struggle with various diseases. This is the reason why many people on the brink of death edge recovery was miraculously, health on the psychological and physiological factors of its fundamental to. A community for cancer patient health records, through the process of psychological knowledge about cancer, and improve the mental and physical health, but also improves the cancer patient's cancer fighting ability⁸.

The community medical service is more humanized, family oriented, standardization, specialization, all patients demand as the focus of the work, in order to improve the medical quality, improve the cure rate of cancer patients as the goal, summed up a set of humane medical services, electronic health record standard, will provide effective prevention, health care, rehabilitation, health services for the community residents, creating convenience for the residents of the community, in order to improve the health level of community residents to make new and greater contributions, worthy of popularization and application of⁹.

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