

English abstract for paper

عنوان البحث باللغة الانجليزية:

Effect of Booklet-Based Education versus Mobile-Based Education on Women's Arm Lymphedema and their Knowledge and Practices regarding Post-Mastectomy Exercise

عنوان البحث باللغة العربية:

تأثير التعليم المستند إلى الكتيبات مقابل التعليم المستند إلى الهاتف المحمول على الاستسقاء الليمفاوي بالذراع ومعرفة المرأة وممارساتها المتعلقة بتمارين ما بعد استئصال الثدي

أسماء المشاركين في البحث

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Abstract:

Post-mastectomy exercise is an important part of female breast cancer patients' recovery after mastectomy as well as after radiotherapy to maintain their shoulder movement and to prevent side effects as radiation-induced fibrosis. These exercises can increase shoulder and arm motion and usually be started in a few days. **Aim:** To evaluate the effect of booklet-based education versus mobile-based education on women's knowledge and practice related lymphedema regarding post mastectomy exercise. **Design:** A quasi-experimental research design was used with a pre-and post-test. **Setting:** The research was conducted at inpatient and outpatient clinic of Fayoum Oncology Center, Fayoum Governorate, Egypt. **Sample:** A purposive sample of 200 post-mastectomy women was included (100 were taught using a mobile Whats-app application and 100 were taught using a booklet). **Tools:** women' structured interviewing questionnaire, women' knowledge regarding post mastectomy exercise & women' practices regarding post mastectomy exercise (pre/post). **Result:** The results revealed that the knowledge and practices of both groups were improved post-education. The mobile-based education group showed more improvement in their knowledge compared to the booklet -based education group. **Conclusions:** Mobile-based education was more effective in improving post-mastectomy women's knowledge and practices regarding post mastectomy exercise than those who taught by booklet-based education. **Recommendation:** Mobile-based educational methods can be used for post mastectomy women regarding post mastectomy exercise to improve their knowledge and practices.

Key words: Booklet, Mobile-based education, Post mastectomy exercise,

مقدم البحث

توقيع مقدم البحث

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English summary for paper (8)

Effect of Booklet-Based Education versus Mobile-Based Education on Women's Arm Lymphedema and their Knowledge and Practices regarding Post-Mastectomy Exercise

أسماء المشاركين في البحث

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- د/ أمل أحمد محمد المتولي : مدرس تمريض الباطني والجراحي - كلية التمريض - جامعة المنصورة

Introduction:

Background :

Post-mastectomy exercise is an important part of female breast cancer patients' recovery after mastectomy as well as after radiotherapy to maintain their shoulder movement and to prevent side effects as radiation-induced fibrosis. These exercises can increase shoulder and arm motion and usually be started in a few days.

Aim:

To evaluate the effect of booklet-based education versus mobile-based education on women's knowledge and practice related lymphedema regarding post mastectomy exercise.

Design:

A quasi-experimental research design was used with a pre-and post test.

Setting: The research was conducted at inpatient and outpatient clinic of Fayoum Oncology Center, Fayoum Governorate, Egypt.

Sample:

A purposive sample of 200 post-mastectomy women was included (100 were taught using a mobile Whats-app application and 100 were taught using a booklet).

Tools:

Tool 1: women' structured interviewing questionnaire.

Tool 2: women' knowledge regarding post mastectomy exercise.

Tool 3: women' practices regarding post mastectomy exercise (pre/post).

Result: The study results indicated that the main source of knowledge among post-mastectomy women was doctors. The results revealed that the knowledge and practices of both groups were improved post-education. The mobile-based education group showed more improvement in their knowledge compared to the booklet -

Recommendation:

based education group. There were statistically significant correlations between total knowledge and practice scores of the studied women. A significant improvement was detected between the two groups regarding improving degree of arm lymphedema post education.

Conclusions: Mobile-based education was more effective in improving post-mastectomy women's knowledge and practices regarding post mastectomy exercise than those who taught by booklet-based education. Mobile-based educational methods can be used for post mastectomy women regarding post mastectomy exercise to improve their knowledge and practices.

توقيع مقدم البحث

مقدم البحث

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