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EFFECTS OF ABDOMINAL BREATHING TRAINING ON ANXIETY AND QUALITY OF LIFE IN PATIENTS WITH ORAL CANCER FOLLOWING SURGERY

Chin-Hsien Wang¹, Chyi Lo¹, Ya-Jung Wang¹

¹Graduate Institute of Nursing China Medical University

Aims: Patients with oral cancer suffered from the different levels of physical and psychological distress that negatively impact the quality of life. Evidence indicated that the implementation of the relaxation intervention improved patients' psychological problems as well as quality of life, but the intervention was implemented after the surgery in the current relaxation literature. The purpose of this study was to explore effects of abdominal breathing training on the anxiety and quality of life in patients with oral cancer following surgery during their hospitalization.

Methods: The study was an experimental design with the block randomized assignment. A total of 31 participants were recruited from a medical center in Taichung, Taiwan. Participants were block randomly assigned to either the abdominal breathing training group or the control group. All the participants were measured two and three times for quality of life and anxiety, respectively. The instruments included Hospital Anxiety Scale, Visual Analog Scale-Anxiety, Heart Rate Variability, Functional Assessment of Cancer Therapy-Head and Neck Scale. The SPSS 17.0 for windows was used for data entry and analysis. Generalized estimating equation was performed for the study.

Results: The results showed that abdominal breathing training significantly improved oral cancer patients' psychological anxiety immediately but the significant effect did not maintain at the end of intervention. Results of physiological anxiety indicators including sympathetic activity (LF norm) and parasympathetic activity

(HF norm) reached statistically significant differences between the two groups. However, the result of autonomic nervous system balance index (LF/HF ratio) has shown some degrees of regulation when patients exposed to the stress from surgery to prior to their discharge.

Conclusion: The abdominal breathing training can be recommended to nurse to teach patients before their surgery based on results of this study. Following up the long term effect of abdominal breathing training is the future direction for research on these patients' home care.

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ANALYSIS OF ANAL SPHINCTER FUNCTION ACCORDING TO AGE AND GENDER: COLON CANCER PATIENTS

Lee, Hyang Ran¹, Park, Jeong Yun², Song, Jin Sook³, Kim, Jung Rang⁴

¹Department of Colorectal Clinic, Asan Medical Center, Korea

²Department of Clinical Nursing, University of Ulsan, Korea

³Department of Colorectal Clinic, Asan Medical Center, Korea

⁴Department of Colorectal Clinic, Asan Medical Center, Korea

Aims: Anorectal manometry provides an objective assessment of anal sphincter function and information regarding the path physiology of several anorectal disorders. However, its clinical utility is hampered by a lack of standardized protocols and normative data. The consideration is needed for the analysis of related treatment and function evaluation. This study was performed to analyze the impacts of gender and age on the anorectal sphincter parameters using anorectal manometry.

Methods: The participants were colon cancer patient who scheduled surgery at Asan Medical Center in Seoul, Korea, from June 2011 to May 2012. All the subjects have completed the survey regarding defecation function prior to