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## RESEARCH ARTICLE

# THE EFFECT OF EVIDENCE-BASED NURSING ON THE QUALITY OF LIFE OF PATIENTS WITH GASTRIC CANCER

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### ABSTRACT

**Objective:** To explore the effect of evidence-based nursing on the quality of life of patients with gastric cancer. **Methods:** A total of 92 patients with gastric cancer were enrolled in our hospital. The patients were divided into two groups according to the admission time of the patients, 46 patients in each group. The control group received routine nursing, and the observation group used evidence-based nursing. The nursing intervention was 2 months, and the improved quality of life comprehensive assessment questionnaire was adopted. (GQOLI) compares the quality of life of the two groups of patients. **Results:** After 2 months of nursing, the psychological function, physical function, social function score and total score of the two groups were significantly higher than those before treatment, and the scores and total scores of the GQOLI scales in the observation group were significantly higher than those in the control group. Statistical significance ( $P < 0.05$ ). **Conclusion:** Evidence-based nursing can effectively improve the GQOLI scale score of gastric cancer patients and improve their quality of life. It has high application value in gastric cancer.

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## INTRODUCTION

Gastric cancer is a very common malignant tumor in China, and the incidence rate ranks 6th in the incidence of malignant tumors in China (Yang, 2015). Although medical technology has been developing in recent years, the clinical treatment plan for malignant tumors has been continuously improved, and the 1-year survival rate of patients with gastric cancer has also been greatly improved. However, because of the long-term symptoms such as gastrointestinal bleeding, the risk of tumor recurrence is high, and radiotherapy, for reasons such as chemotherapy treatment, patients with gastric cancer suffer from great stress, low self-efficacy, and severely degraded patients' quality of life (Zhou Lingli, 2010). Perfect, scientific and nursing-oriented nursing interventions have positive implications for the improvement of patients' quality of life. Follow-up care refers to a nurse who takes the initiative to learn in the course of clinical nursing work, and follows the evidence, scientific basis, clinical practice, etc., to summarize and improve a nursing model of quality nursing. In recent years, it has been widely used in clinical practice (Du Shizheng, 2016).

Therefore, this study will discuss the impact of evidence-based care on the quality of life of patients with gastric cancer, which will now be reported as follows:

## MATERIALS AND METHODS

**General Information:** 92 patients with gastric cancer in our hospital from January 2016 to April 2018 were enrolled. The patients were divided into two groups according to the time of admission. There were 46 patients in each group. There were 28 males and 18 females in the control group. The age ranged from 35 to 72 years old.  $49.3 \pm 7.2$  years old; preoperative course of 3 months to 4 years, mean preoperative course ( $2.1 \pm 0.5$ ) years; including 39 cases of surgery or interventional therapy, 7 cases of conservative treatment. There were 29 males and 17 females in the observation group; the age ranged from 36 to 70 years, mean age ( $49.5 \pm 7.1$ ) years; the preoperative course was 2.5 months to 3.8 years, and the average preoperative course ( $2.2 \pm 0.4$ ) years; including 40 cases Surgical or interventional therapy, 6 cases of conservative treatment. After analysis, the differences in basic data such as gender and age between the two groups were not statistically significant ( $P > 0.05$ ), which was comparable. The study has been reviewed and approved by the hospital ethics committee, and patients and their families voluntarily signed informed consent.

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**Inclusion criteria:** 1 meet the diagnostic criteria for gastric cancer (Yang Jie, 2015), all confirmed by pathology as gastric cancer; 2 in line with surgical indications or interventional treatment; 3 expected survival time of more than 6 months. **Exclusion criteria:** 1 combined with other malignant tumor patients; 2 tumor cells have metastasized patients; 3 patients with low compliance; 4 patients with communication disorders, unconsciousness.

**Nursing methods:** Patients in the control group received routine care including basic care, complication and treatment. The observation group received evidence-based nursing. The main process was to establish an evidence-based nursing group to explore the causes of poor quality of life of patients with gastric cancer and possible problems in nursing. After sorting and sorting, use online literature search to summarize and analyze problems and develop targeted Nursing plan; analyze and summarize the status and effect of evidence-based nursing after the patient is discharged from the hospital, so as to further improve the actual nursing intervention. The targeted nursing programs mainly include:

- Targeted psychological intervention. Give patients multi-angle, targeted psychological intervention, inform patients of a large number of previous cases of similar treatment success, tell the need for treatment and care, inform patients to actively cooperate with the treatment not only can improve the treatment effect, but also may reduce their own economic burden, hospital Medical loss; communicate with family members, encourage family members to give support and encouragement, and alleviate negative emotions such as fear, depression and lack of confidence.
- Health education. Through the publicity board to post disease treatment information, regular knowledge of the treatment, diet, complications and other knowledge of gastric cancer during the hospitalization period to improve the patient's understanding of the disease and improve the patient's care coordination.
- Complications intervention. For patients with high fever, physical temperature and temperature combined with drugs to cool down, and help patients to change clothing; for patients with pain, attention shift, deep breathing, music therapy, etc. can be used to reduce the degree of pain in patients, severe cases of discretion Analgesic medication is given; for patients with gastrointestinal reactions, through dietary intervention (low-fat easily absorbed food, patient's favorite condiment to stimulate the patient's appetite, appropriate increase in patient food intake) combined with psychological comfort For patients with poor sleep quality, take the intervention to keep the ward absolutely quiet, play soothing music, acupoint stimulation.
- Social family support and discharge guidance. Reasonable use of existing medical resources in the hospital to reduce the economic burden of the patient's family, to create a good opportunity for patients to entertain and exercise as much as possible; when the patient is discharged from the hospital, to guide the patient after eating, rest, rehabilitation, etc., with the patient's family Communicate and encourage patients to participate in social activities; in addition, notify patients via telephone to review and understand the patient's life.

**Observation indicators:** Through the improved quality of life comprehensive assessment questionnaire (GQOLI), the quality

of life of the two groups of patients before and after 2 months of care was compared. The GQOLI scale included three dimensions of mental function, physical function and social function. The higher the score, the patient's life. The higher the quality.

**Statistical analysis:** Statistical analysis was performed on the data of this study using SPSS 17.0. The results of the measurement data were expressed by ( $\bar{x} \pm s$ ), using t test; the results of counting data were expressed in %, and the difference was statistically significant with  $P < 0.05$ .

## RESULTS

Before the nursing, the scores and total scores of the GQOLI scales of the two groups were not statistically significant ( $P > 0.05$ ). After 2 months of nursing, the psychological function, physical function, social function score and total score of the two groups were average. The scores and total scores of the GQOLI scales in the observation group were significantly higher than those in the control group ( $P < 0.05$ ); see Table 1.

## DISCUSSION

With the continuous change and development of medical models in recent years, the modern medical nursing model has changed from the past experience-based nursing to the evidence-based medical nursing model guided by scientific basis (Xu Guoqiong, 2014). Evidence-based nursing refers to the process of scientifically and rigorously combining clinical research conclusions with clinical practical experience and patient needs when planning nursing activities, so as to be a process of evidence for clinical nursing decision-making, which can improve the enthusiasm of independent nursing students. Responsibility for work makes the clinical nursing work scientific, objective and more humane and targeted (Song Xue, 2015). Because of its scientific, rigorous, and satisfying characteristics that patients just need, evidence-based nursing is increasingly used in clinical practice. The results of this study showed that after 2 months of nursing intervention, the scores and total scores of the GQOLI scales in the observation group were significantly higher than those before the nursing, and significantly higher than the control group; indicating that evidence-based nursing can be more effective than conventional nursing intervention. Improve the psychological function, physical function and social function of patients with gastric cancer, and improve the quality of life of patients.

This is because evidence-based nursing can firstly retrieve and summarize the causes of quality of life in patients with gastric cancer, and analyze the main reasons that affect the quality of life of patients, and the various reasons for the latter are to develop targeted nursing operations for patients; Dietary intervention can give patients nutritional support, and make patients more optimistic and confident to face the disease and treatment; monitoring the patient's condition and complications can effectively control the patient's condition or complications, improve the patient The body comfort and feelings; while social family support and discharge guidance provide patients with more care and support, so that patients are closer to real life, while helping patients to build a better lifestyle and improve patient prognosis; therefore, the patient's psychological status Improvements, improvements in physical function, and improvements in social relationships and support have further improved the quality of life of the patients

**Table 1. Comparison of quality of life between the two groups of patients before and after care (points)**

Groups	Time	Psychological function	Physical function	Social function	Scores
Observation group (n=46)	Before nursing	27.24±6.73	34.87±8.52	45.10±9.43	102.74±17.11
	Nursing for 2 months	44.76±8.89ab	59.14±10.62ab	69.35±12.16ab	147.73±20.26ab
Control group (n=46)	Before nursing	27.32±6.81	34.92±8.57	45.08±9.41	102.83±17.04
	Nursing for 2 months	35.11±8.23a	46.51±10.38a	60.08±11.97a	138.14±21.19a

(Song Xue, 2015; He Ying, 2016). In summary, evidence-based nursing can significantly improve the scores of psychological function, physical function and social function dimension of GQOLI scale of gastric cancer patients, and more effectively improve the quality of life of patients, and has high reference value in patients with gastric cancer.

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