

CHAPTER VI

CONCLUSION

Findings of this research highlighted that yoga intervention was effective in breast cancer patients who were going through chemotherapy in-

1. Maintaining the symptoms of lower levels anxiety and stress.
2. Reducing the symptoms of depression.
3. Improving the quality of life of breast cancer patients in the experimental group in the areas of Global health status, Physical function, Role function and Emotional function.
4. Decreasing the symptoms of fatigue, insomnia, loss of appetite, and constipation, during the period of chemotherapy.
5. Improving the quality of life of breast cancer patients in experimental group with respect to the perception of body image and future perspectives.
6. Decreasing the adverse effect symptoms of chemotherapy and arm & breast symptoms. It was also effective in reducing the distress caused by alopecia, i.e. hair loss, during the period of chemotherapy.

Implications of the Study: The present study has several implications for clinical practice

1. The practical contribution of the present research is that it has provided empirical data on symptoms of anxiety, depression and stress expressed by breast cancer patients as they went through the period of chemotherapy.
2. It has been revealed by the present study that adverse effects of chemotherapy are detrimental to the quality of life of women with breast cancer during the period of chemotherapy.
3. This study provided understanding that yoga was useful in reducing the symptoms of depression and helped in maintaining symptoms of low levels of anxiety and stress in breast cancer patients going through chemotherapy.
4. The study also demonstrated that yoga was effective in reducing the adverse effects of chemotherapy and improving the quality of life of women with breast cancer.

Recommendations from the present research findings: The findings of this research bring forward the following recommendations-

1. Nurses, physicians and other professionals working in the oncology unit need to be aware of relaxation techniques which can be easily taught to cancer patients.
2. Relaxation techniques included in the present study can be taught & practiced by patients undergoing surgery, chemotherapy and radiation therapy, under the supervision of nurses and yoga teachers.
3. Psychological intervention in the form of individual counseling should be organized for breast cancer patients having significant symptoms of depression while undergoing chemotherapy.
4. Dietary counseling should be organized for patients receiving chemotherapy and their caregivers to minimize the side effects particularly anemia.
5. Focus Group Discussions among breast cancer patients receiving treatment and survivors should be organized to motivate patients to complete their treatment
6. Regular yoga classes should be organized for patients undergoing cancer treatment.
7. Nurses working in cancer units ought to identify and meet nursing needs of patients undergoing surgery, chemotherapy and radiation therapy for cancer treatment.
8. Nursing administrator may organize in-service education for nurses on prevention of extravasation of chemotherapeutic drugs in patients undergoing chemotherapy.
9. Community health nurses can get involved in care of cancer patients at home by conducting regular home visits.
10. Nursing faculty may sensitize the nursing students towards prevention of cancer by educating people about cancer, and about care of cancer patients by organizing visits to hospice units.

Recommendations for Further/Future Research: On the basis of the findings of this study the investigator suggested the following recommendations for future research-

1. Research studies can test whether yoga has effect on the quality of life of people who have successfully completed treatment modalities of cancer.
2. Research studies can also test whether yoga has an effect on the prevention of cancer recurrence.

3. Research can be undertaken on effectiveness of relaxation techniques on quality of life of cancer patients undergoing radiation therapy.
4. Qualitative study can be done on experiences of breast cancer patients undergoing chemotherapy
5. Study can be done to assess effectiveness of video on yogic relaxation technique on well being of patients having cancer and other non communicable diseases.
6. Descriptive study can be done to assess coping strategies adopted by cancer patients undergoing chemotherapy.
7. Study can be undertaken on effectiveness of teaching on diet during chemotherapy on the anemia level of cancer patients.

Summary: This chapter included conclusion, implication of the study, recommendations from the present research findings, and recommendations for future research.