

**Research Article**
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## Study on the Effect of Community Follow-Up on Psychological Intervention of Cancer Patients

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### ABSTRACT

**Objective:** To analyze the positive effect of community follow-up psychological intervention for cancer patients. Methods: From May 2022 to May 2023, 100 cancer patients were selected as the research objects for correlation analysis. They were randomly divided into two groups, and different nursing intervention programs were applied to patients in different groups. To evaluate the value of community follow-up by comparing nursing satisfaction and self-management ability after discharge.

**Results:** The study group was better than the control group in self-management ability, disease cognition, compliance score, nursing satisfaction and psychological score after discharge ( $P < 0.05$ ).

**Conclusion:** Community follow-up service for cancer patients can not only strengthen patients' satisfaction with nursing work, but also improve negative emotions and produce good psychological intervention effect, which is worth popularizing.

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At present, due to the continuous improvement of medical technology, the tumor treatment scheme has been better improved, which makes the survival rate and quality of life of tumor patients improve. However, cancer patients will still be affected by factors such as illness, economic pressure and social status changes, which makes these patients more likely to be depressed. If psychological intervention is not carried out in time, it will not only affect the treatment effect, but also greatly reduce the quality of life of patients. During the hospitalization stage, patients' psychological state is generally good because of professional medical staff providing professional services. However, once discharged from hospital, due to the lack of formal intervention and poor self-control, the patients' physical and mental state deteriorated for a time. To solve this problem, this paper takes 100 cancer patients as the research object, and deeply analyzes the influence of community Follow-up on their psychological intervention effect, which is reported as follows.

### Data and Methods

#### General Information

The starting time of screening the subjects in this study is May 2022, and the end time is May 2023. The number of screened cases is 100, all of whom are tumor patients.

#### Inclusion Criteria

- Patients diagnosed as tumor
- Complete clinical data
- Normal cognitive function

#### Exclusion Criteria

- Complicated with other systemic diseases
- Unable to communicate normally
- Quit the experiment halfway

100 selected patients were divided into control group and study group, and routine intervention and community follow-up intervention mode were implemented respectively. The control group included 32 males and 18 females. The age ranged from 34 to 65 years, with an average of (40.67 6.36) years. The study group included 33 males and 17 females. The age ranged from 31 to 64 years, with an average of (41.46 5.83) years. According to the general data collected above, statistical analysis shows that the gap between the two groups of data is small and there is no comparative value ( $P > 0.05$ ).

### Methods

#### Control Group

The cancer patients in the control group were treated with routine nursing intervention mode during hospitalization. First, nursing staff should organize cancer patients to carry out health education activities regularly, and strengthen patients' understanding of cancer-related knowledge and treatment methods. By explaining the points of attention in daily life to patients in detail, patients can have a deeper understanding of their own diseases and prevent anxiety and uneasiness caused by unknown or misunderstanding. Second, strengthen psychological intervention in hospital. Cancer diseases are not only difficult to treat, but also expensive. Patients often face huge economic burden, and may feel depressed and depressed because of disease progression or economic pressure. As nurses, they need to have empathy, actively communicate

with patients, and give detailed answers to patients' questions to eliminate patients' confusion. With this method, patients can be helped to improve their mood, build up their determination to overcome diseases, and actively face treatment and life. Third, provide nutritional advice for patients. According to the patient's physical condition and taste preference, make personalized recipes to ensure that patients can eat foods rich in nutrition and easy to digest and absorb. Fourth, discharge guidance. Before patients leave the hospital, nursing staff need to provide discharge guidance services for patients according to the routine process, and suggest that they go to the hospital for reexamination once a week. Before leaving the hospital, patients need to fill out the nursing contact form in detail, which includes their personal data, residence and contact information, self-care ability, etc. In addition, a discharge contact card and a health knowledge manual should be prepared for patients, so that they can take better care of their daily life. At the same time, patients are required to carry tumor identity cards at any time, and record their personal data, first aid measures and precautions in case of disease attack.

### Research Group

Based on the above-mentioned nursing plan, the patients in the study group were followed up in the community.

- With the help of the geographical influence of the community, provide services with leisure and health care functions, so as to attract cancer patients. Every Wednesday afternoon is set as an open reception day, and the medical staff of oncology specialty will receive consultation and talk from patients, and also provide guidance on cancer treatment and rehabilitation.
- Set up a psychological intervention group, go to the community for follow-up once a week, and visit the door every month to provide psychological intervention services for patients. Adopt listening, appeasement, enlightenment, suggestion and encouragement to eliminate patients' doubts and enhance their confidence in treatment.
- Education and interactive discussion. Every month, some common multiple tumors, such as intestinal cancer, breast cancer, lung cancer and gastric cancer, are held for early identification, early diagnosis, early treatment and TCM diet therapy, and relevant information will also be distributed.
- Encourage family members to actively participate in cooperation, talk with patients' relatives while visiting patients at home, or get patients' physical and psychological state by telephone, so as to get family support and better serve patients.

### Observation Indicators

The knowledge of disease, self-management ability after discharge and compliance score were compared. The total score is 100 points, which is directly proportional to disease cognition, compliance behavior and management ability. The psychological and emotional scores were compared, and the assessment tools for anxiety and depression were SAS and SDS respectively. The nursing satisfaction was compared and completed with self-made questionnaire, with a total score of 100 points, which was divided into different score intervals, corresponding to different satisfaction conditions.

### Statistical Processing

The data obtained in this study are processed by SPSS27.0 software, and the measurement data are compared and analyzed by t-test; Chi-square test was used to compare and analyze the counting data.  $P < 0.05$  indicates that the data comparison results are statistically significant.

## Results

### Comparison of Tumor Disease Cognition, Self-Management Ability after Discharge and Compliance Score between the Two Groups

As shown in Table 1, the comparison results of the two groups were significantly different, and the scores of the study group were higher than those of the control group ( $P < 0.05$ ).

**Table1: Comparison of Tumor Disease Cognition, Self-Management Ability after Discharge and Compliance Score between the Two Groups**

Group	Number of cases	Disease cognition (score)	Self-management ability after discharge (score)	Compliance score (score)
Control group	50	83.57 ± 2.24	81.24 ± 2.75	81.52 ± 2.85
Research group	50	95.96 ± 2.73	95.44 ± 2.51	96.03 ± 2.17
P	-	< 0.05	< 0.05	< 0.05

### Psychological and Emotional Comparison before and after Intervention

Before intervention, the scores of anxiety and depression in the study group were (54.56 1.79) and (56.32 1.15) respectively. The scores of anxiety and depression in the control group were (54.58 ± 1.57) and (56.81 ± 1.36) respectively, and there was no significant difference between the two groups ( $P > 0.05$ ). After intervention, the scores of anxiety and depression in the study group were (33.18 0.92) and (38.80 5.37) respectively. The scores of anxiety and depression in the control group were (42.35 ± 1.46) and (45.59 ± 2.67) respectively, and the scores in the study group were much lower than those in the control group ( $P < 0.05$ ).

### Comparison of Nursing Satisfaction between Two Groups of Cancer Patients

The nursing satisfaction of the study group (94.00%) was significantly higher than that of the control group (70.00%) ( $P < 0.05$ ) [1-3].

## Discussion

Cancer patients suffer from diseases and huge economic pressure for a long time, which leads to a significant decline in their quality of life. Tumor patients need long-term medication and treatment because of frequent recurrence, which not only brings great pain to patients physically, but also brings great pressure to them psychologically. Some patients may have social barriers and employment difficulties, which may cause them to have negative emotions such as anxiety and depression. Cancer patients are hospitalized for a relatively short period of time, but they still need to continue to receive treatment and care after discharge. In this process, follow-up nursing plays a key role. Follow-up nursing is an extension and expansion of inpatient nursing, which can continuously improve the treatment effect, ensure the long-term effect of health education, and help promote the recovery of patients' physical and mental health. According to research, psychological and social factors will affect the formation and development of tumors to a certain extent. Therefore, for cancer patients, it is extremely critical to actively carry out community psychological intervention. This study referred to the relevant information of community follow-up and psychological intervention, and implemented active community follow-up psychological intervention for cancer patients.

The investigation showed that the performance of the study group in disease cognition score, self-management ability score after discharge and compliance behavior score were better than those of the control group, and the improvement degree of psychological state and nursing satisfaction of the study group were also better than those of the control group after intervention ( $P < 0.05$ ).

To sum up, the implementation of community follow-up nursing can obviously enhance the nursing effect, alleviate the negative emotions of patients and improve their satisfaction with nursing services. Therefore, this method should be widely used in clinical practice.

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