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Effects of synchronous, staggered cognitive therapy of family members on stress response of perioperative patients with lung cancer

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Abstract

Taking psychological stress structure of more factors type, the process theory of cognitive treatment as the theoretical basis, the short-term staged cognitive intervention was developed after pilot test. We sampled 120 hospitalized patients with lung cancer in Chang Sha, China, who were randomly divided into three groups in equal. The patient-family group took synchronous, staggered cognitive therapy of family members; the patient group took staggered cognitive therapy only on patients, while those in the control group were given routine care only. Serum cortisol level, blood pressure, heart rate, pain index, anxiety, depression, sleep were evaluated at four points of perioperative period, that is 24 h of hospitalization, 1 day preoperative, the 3rd day postoperative and a day before discharge, to analyze the effects of staged cognitive intervention for patients and family. The results shown the serum cortisol level and depression incidence of lung cancer patients is high, serum cortisol level was related with the patients' age, nationality and family residence, and the C behavior patterns in patients is obvious. As to family members, their general psychological status was bad and has certain effect to the depression status of perioperative lung cancer patients. Therefore, we concluded that the Synchronous, staggered cognitive therapy of family members can effectively improve the physiological, psychological and behavior responses of patients.

Biography

Jing Ping Zhang has completed her Ph.D. from Central South University. She is the vice director of Nursing School. She has published 8 papers in reputed SCI cited journals and more than 30 papers in reputed Chinese journals. And she also has compiled 8 nursing related books and has been serving as a reviewer member of two SCI cited journals, and archives of Psychiatric Nursing (APN) and Journal of Nursing Scholarship.

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