

THE EFFECTS OF NUTRITIONAL EDUCATION PROGRAM ON KNOWLEDGE OF CANCER PATIENTS AND THEIR FAMILY

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Purpose : The health education program is an important intervention provided by nurses, to help patients in self care and health promotion information or skills. The purpose of this study is to examine the effects of nutritional education program on knowledge and satisfaction of cancer patients and their family.

Methods : Pre/post-test design was used in one group of subjects this study. A total of 34 subjects were enrolled in this study. We carried out a structural education program regarding nutrition, radiation-related side effects, and appropriate diet for cancer patients in a radiotherapy clinic of medical center in Taiwan.

Results : The statistical results revealed that the score of knowledge was 8.72 after education program was significantly higher than that of 3.03 at baseline ($p < 0.05$). The score of knowledge correlated with the educational level. Subjects with the degree of senior high school or higher had a higher score of knowledge. The percentage of satisfaction was 87% after education program, significantly higher than that (80%) at baseline ($p < 0.05$).

Conclusion : The nutritional education program had significant effects on knowledge and satisfaction of cancer patients and their family.

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Key words: Cancer, Nutritional education program, Knowledge

