

The Body Image Satisfaction & Quality Of Life Among Mastectomy Patients

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Introduction

- The breast is a crucial secondary sexual characteristic in women, and surgical interventions undoubtedly have irreversible negative impacts on patients' physical, psychological, and social aspects, thus affecting their overall quality of life.
- Breast cancer is the most frequently diagnosed cancer among women around the world, making it a significant public health problem.



- The disease affects both men and women, although it is rare in men
In Egypt, it is the most common cancer in women, accounting for 32.4% of all female cancers and the second most common cancer in both sexes after liver cancer (16.4% of all cancers).

Historically, about 3,500 years ago, ancient Egyptians were the first to describe breast cancer



Mastectomy

Mastectomy is the surgical removal of part or all of the breast tissue. It describes different types of mastectomies, including simple, skin-sparing, and radical mastectomies.

Potential complications include lymphedema, nerve damage, infection, and changes in body image or quality of life.

The experience of mastectomy due to breast cancer is very much individual and contextual



Body Image

- Body image is defined as the mental picture of one's body concerning physical self, appearance, state of health, wholeness, normal function, and sexuality



Women who undergo mastectomy following breast cancer can experience a variety of significant changes to their bodies, which can affect their mental well-being and quality of life.



Even women with breast reconstruction may be satisfied with their overall body image, but they still have body image distress.

They also have a worse score on their body stigma.

“The biggest problem faced by women who have undergone a mastectomy is the fear of showing their bodies. They imagine the rejection in their partners or sometimes

they do see the rejection and sex becomes a real problem”





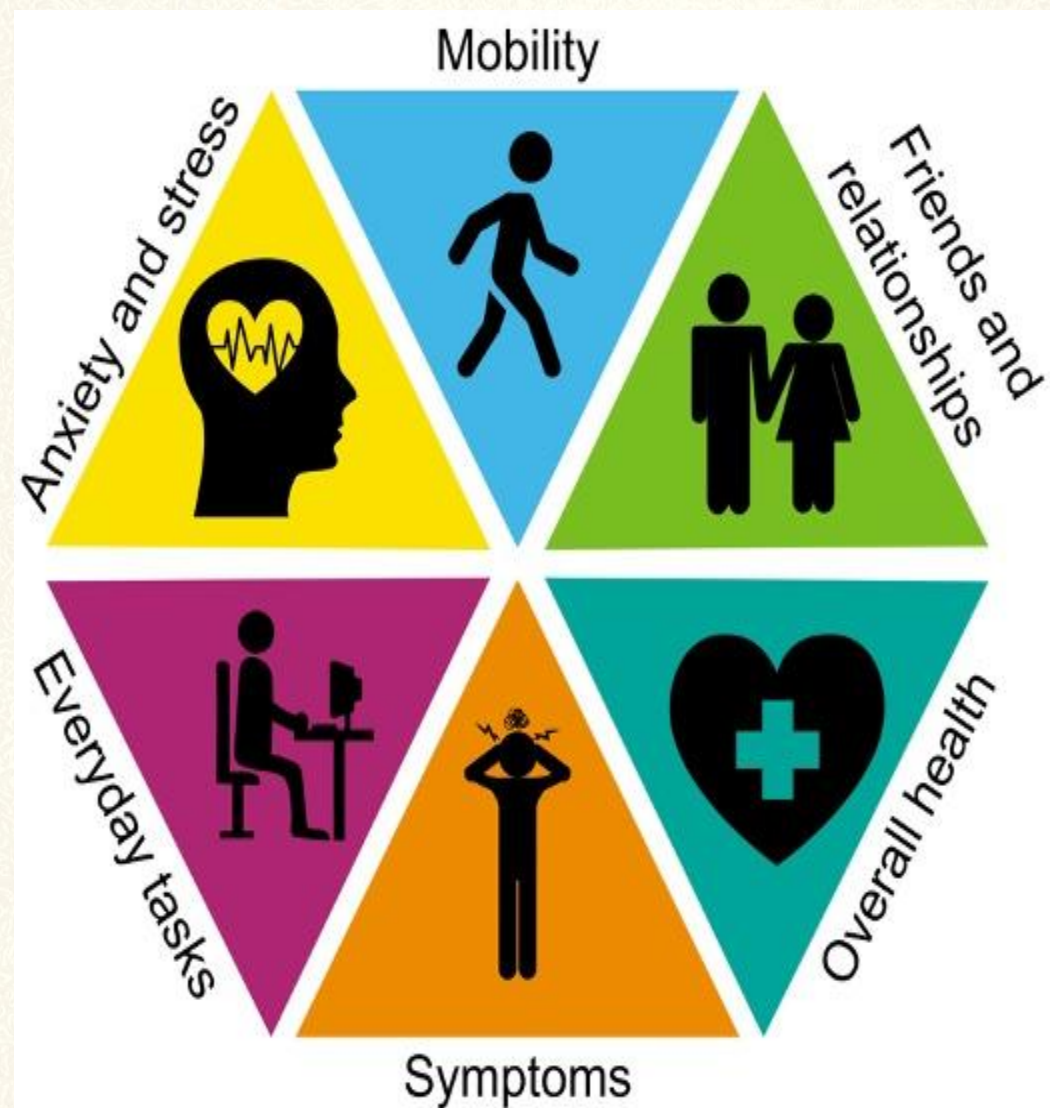


I had a double mastectomy — but got tattoos instead of breast reconstruction (Marisa Kimmel)



Quality of life

- Quality of life (QOL) is defined by the World Health Organization as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns".
- QOL of **Egyptian females** with BC was influenced by several factors like age, marital status, occupation, smoking, residence, comorbidities, symptoms, grade, chemotherapy, radiation, and recurrence. (Cairo university study)



Quality of life after mastectomy

- A study titled (QUALITY OF SEXUAL LIFE AMONG POST MASTECTOMY WOMEN) Faculty of Nursing, Mansoura University
- A sample of (200) post mastectomy women who attend outpatient clinic of oncology center at Mansoura University after at least one year of mastectomy.
- The results revealed that about two thirds (66 %) of the studied patients have unsatisfactory quality of sexual life.



Quality of life after mastectomy

According to a new study the type of surgery young women with early-stage breast cancer choose may affect their quality of life years later,

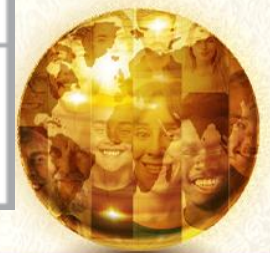
Women were asked their thoughts about how well their breasts match, how they feel to the touch, and how they look in and out of clothing.

The questionnaire also asks about a woman's confidence in social settings, emotional health, and self-esteem.



Quality of life according The type of surgery

Treatment	Breast Satisfaction mean score (0-100)	Psychosocial well-being mean score (0-100)	Sexual well-being mean score (0-100)
Breast-Conserving Surgery	65.5	75.9	57.4
Unilateral Mastectomy	64.3	75.2	56.6
Bilateral Mastectomy	64.0	71.3	51.4
Unilateral Mastectomy and Radiation	54.6	66.1	50.4
Bilateral Mastectomy and Radiation	55.8	65.1	46.2



Liaison psychiatric role after mastectomy

The postoperative period is marked by ambivalence; in that case there is the relief of having survived the surgery and the hope of being cured.

But there is also the fear of recurrence, to face the pain and healing, to face the permanent possibility of a mutilated body and also concerns with femininity and with the reactions of the partner in front of mastectomy.



Post-traumatic stress disorder (PTSD) is a common after surgery, not only the image of the body changes but as well her self image, so the nurse confirmed for the women that it is important to understand and feel their “new bodies”; usually they recommend touching the scars once it is healed and also looking in front of the mirror and face the “problem” so it can be a natural process of self-image acceptance.

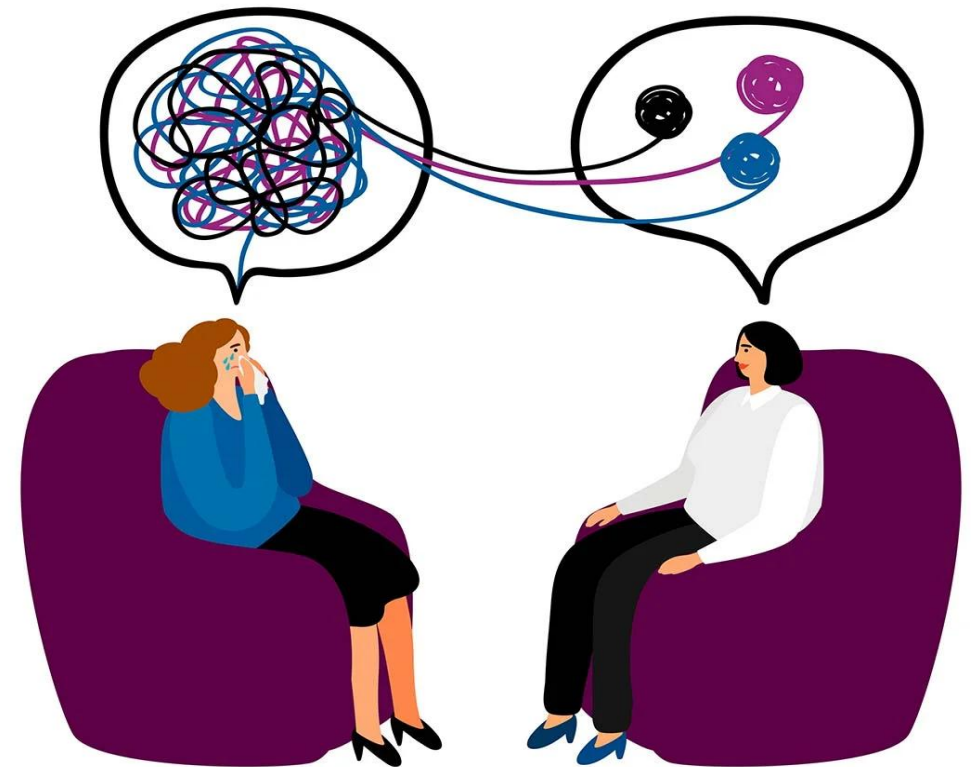


- A very common fear found for mastectomy women is not to be more sexually attractive. Such conflicts can be resolved from the moment the woman recognizes and accepts this new image, this is where nursing interventions are necessary to improve the self-image of these women and understand that the process will end and there are many possibilities and show the options of treatment.



Psychotherapeutic approaches for mastectomy patient :-

- focused on coping with mastectomy , but they permit dealing with issues from the past or present that affect the ability to deal with cancer.
- These approaches involve engaging the patient in a dialogue in which the therapist shows support and empathy, and often uses the range of clinical techniques including some education, cognitive, and psychodynamic components that represent supportive psychotherapy



Crisis counseling

Crisis counseling is one of the bases of nurse's responsibility in education of patient with cancer.

The focus in crisis is on quickly regaining equilibrium and normal coping ability. Cognitive techniques of problem-solving and restructuring the perception of the crisis may also be employed.

The patient may express acute emotional distress, disbelief, anguish, terror, rage, envy, disinterest, or yearning for death. When expressed, these emotions tend to diminish and the illness can be faced more realistically.



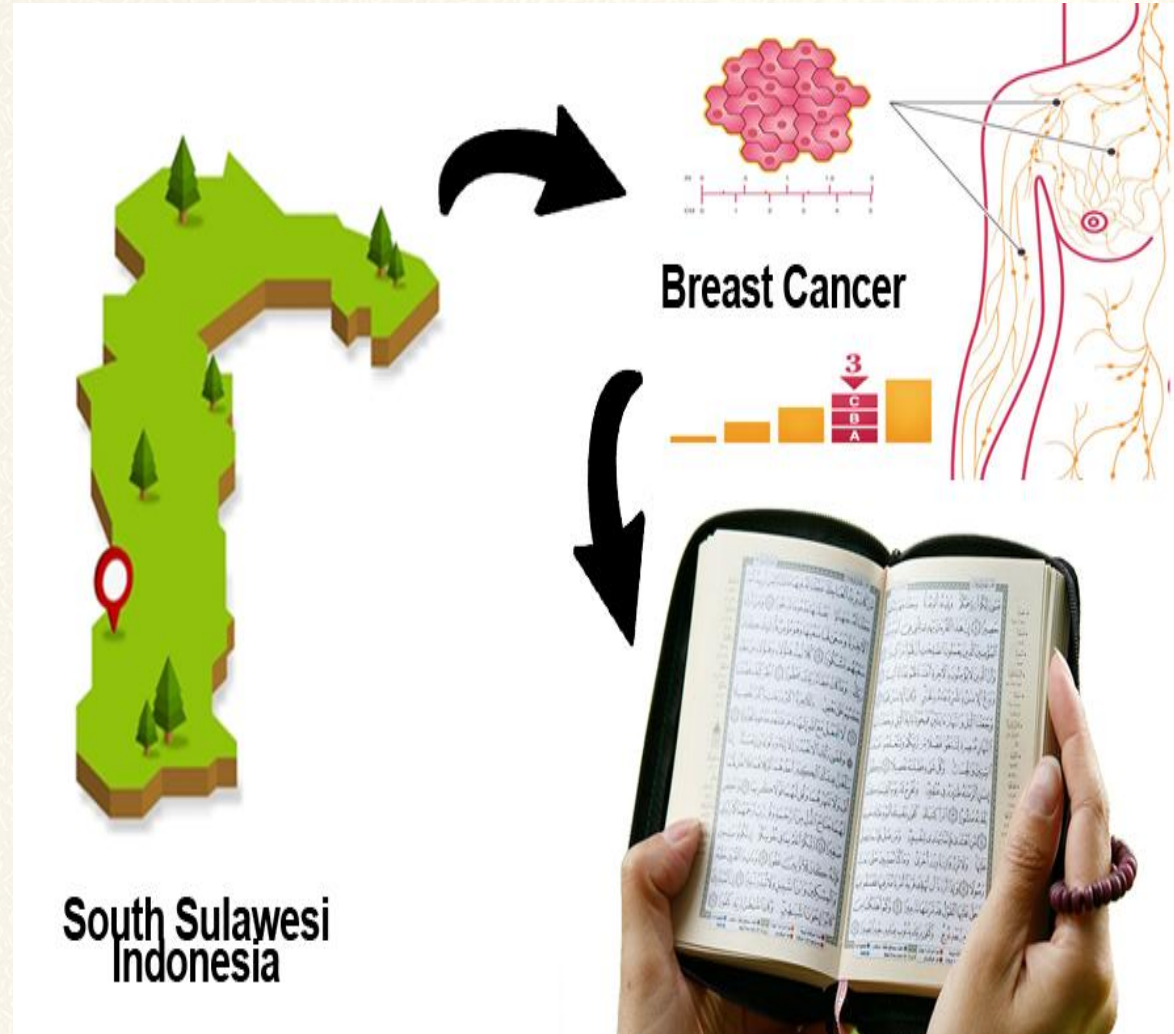
Group therapy

Group therapy is a good option for women that are fighting cancer, sharing experiences, fear, feelings with another breast cancer diagnosed patients is an effective way of psychosocial support and enhance quality of life



Spirituality

- Spirituality is one of the topics that nurses tend to talk with diagnosed patients; studies have found that spirituality, religion, and prayer are very important to quality of life for some people who have been diagnosed with cancer



Family role with mastectomy patient :-

The family members have a big role in the acceptance and supporting women once they are diagnosed, most of the relatives receive the diagnosis as something very negative and in fear.

Sometimes they even see cancer as a sickness that has no healing, associated with death.

In oncology the patient and the family are treated as a unit, for the main goal is to encourage, maintaining the autonomy, independency and interdependency.



**Cancer is just a chapter in your life
and not the whole story.**

THANK YOU