

**Postoperative rehabilitation for breast cancer patients~information and treatment, recognition of the patient~**

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**【Purpose】**

Breast cancer is also increasing in Japan as the lifestyle and dietary habits are becoming westernized. However, rehabilitation after surgery, such as occupational therapy is still not so common.

The purpose of this research is to know the recognitions by the postoperative outpatients with breast cancer of the treatment, lifestyle guidance, and information provided by the therapists.

**【Methods】**

A survey was conducted to 544 postoperative outpatients with breast cancer. Sufficient attention was paid so that there is no disadvantage to its subjects and the patients were asked to complete two kinds of questionnaire.

The questionnaire part1 was an open response question and asking the questions "How was rehabilitation by a professional useful to you?" In questionnaire part2, Questions were thought to concern treatment, guidance, and information as a part of rehabilitation. In addition to descriptive statistics, analysis of free response was made by the KJ method.

**【 Result and Conclusion 】**

We obtained 533 consents. Number of valid responses to the questionnaire part1 was 478, and the questionnaire part2 was 372.

The average age of the respondents was  $58.4 \pm 11.3$  years, the average postoperative period of was  $62.6 \pm 54.9$  months.

Result of questionnaire part1, A large percentage recognized "consistently involved the same therapist. (49%)", as useful. "improvement in physical function. (48%)" was secondly useful.

Result of questionnaire part2, "Explanation prior to surgery of the exercises to be done" was most frequently carried out.(67%) "A large percentage recognized "teaching self training. (53%), as useful." Treatment of shoulder and elbow movement by medical professionals. (52%)" was secondly useful. "possible to consult the anxiety and worries. (46%)" was third useful.

Rehabilitation professionals supported their patients mainly through treatment and education of physical aspects, and the patients recognized it as useful. These are found to have been recognized as useful from the patients.

Guidance for life after resection of the lymph nodes was considered to have to become more actively involved in rehabilitation professionals.

It is consistently involved the same therapist. And also to be involved in the psychological support, suggest that improved patient satisfaction.