



Discussion of Breast Health Promotion Strategies and Nursing Practice

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Abstract: Breast gland is an important organization unique to women, which has a great impact on women's physical and mental health. With the increase of women's work and life pressure, breast health problems are getting more and more people's attention. Health promotion refers to the process in which individuals or groups can actively maintain and improve their own health through a purposeful, planned and systematic way. In recent years, domestic and foreign scholars have conducted deep research on the strategies of breast health promotion and achieved certain results. Based on the literature review, this study explored breast health promotion strategies and nursing practices to provide better care services for patients with breast diseases.

Keywords: breast cancer, breast tumor, sexual health

1. Introduction

Breast health is vital to a woman's physical and mental health. With the increasing pressure of modern life, more and more people begin to pay attention to the breast health problems. Health promotion is a purposeful, planned, systematic approach aimed at enabling individuals or groups to proactively maintain and improve their own health. In recent years, domestic and foreign scholars have conducted deep research on the strategies of breast health promotion and achieved certain results. Based on a literature review, this study explored strategies and nursing practices for breast health promotion, with the aim to provide better care services for patients with breast disease.

2. Methods of breast health promotion

(1) Psychological counseling: ① establishing a good relationship between nurses and patients, strengthening communication with patients; ② explaining knowledge of disease, giving psychological support to patients to help them establish confidence in positive treatment; ③ guiding patients to change bad living habits, such as smoking cessation, regular work and rest, avoiding staying up late and increasing the amount of exercise.

(2) Diet management mainly includes: ① Establish scientific diet plan, minimize the dietary intake of high fat and high calorie, and reduce the intake of greasy food; ② develop reasonable diet structure, eat more fresh fruits and vegetables to increase the intake of fiber; ③ increase the intake of nutrients such as vitamins and minerals.

(3) Exercise: ① Encourage patients to perform aerobic exercise such as running, swimming; ② Make personalized exercise plan for different patients, encourage them to do more aerobic exercise; ③ Give intervention guidance for specific conditions, such as correcting bad posture and relaxing mood, etc.

(4) Regular breast examination mainly including: ① General breast examination: routine physical examination for first diagnosed patients, including palpation, B ultrasound, molybdenum target examination, etc.; ② B ultrasound examination: B ultrasound examination for patients with abnormal breast structure to understand the morphological changes and structural abnormalities.

(5) Others mainly include: ① popular science education, strengthen the publicity of breast cancer related knowledge; ② provides relevant information services; ③ health education activities; ④ breast specialist clinic guidance; ⑤ Chinese medicine treatment.

3. Breast health knowledge

Breast health knowledge is very important to the patient's self-care, it can make patients correctly understand the disease, correctly treat the disease, maintain a good psychological state and attitude towards life, reduce the mental burden and psychological pressure. Therefore, nursing staff should widely publicize breast health knowledge in health education, and integrate health education throughout the whole nursing process. Inform the patient on how to self-examine it. Inform patients that the methods of self-examination include touch, touch, pat, see and listen, and that the size, shape, position and

changes of the skin can be accurately judged by touch and pat. Pain is the most common symptom of breast cancer, it is different from mammary gland hyperplasia, mammary gland hyperplasia is mostly caused by mood or endocrine disorders, and breast cancer is mainly caused by changes in hormone levels in the body. Therefore, the caregivers should explain the relationship between breast cancer and emotional and endocrine factors to the patients in detail, and help the patients to choose the appropriate examination method. Introduction of breast disease knowledge and prevention measures. It is an important content to introduce the knowledge of breast disease and prevention measures to patients in nursing work. Women should be aware of the clinical manifestations, etiology and prevention methods of breast hyperplasia and breast cancer, and learn to self-examination methods. Patients should also be introduced to the relevant knowledge and prevention and treatment measures, such as maintaining a regular lifestyle and a reasonable diet, to maintain a good mood, etc. Guide patients to develop good living habits and healthy eating habits. Breast cancer is a lifestyle disease, and patients should develop good living habits, such as smoking cessation and alcohol restriction, reasonable diet, weight control, exercise and so on. Patients should also be reminded to undergo regular breast tests and treatment. In addition, regular breast examinations and treatment should be conducted for people at high risk of breast cancer, such as women older than 40 years and women with a family history of breast cancer. In addition, patients with breast disease should also actively cooperate with the treatment work.

4. Psychological intervention

Studies have shown that psychological intervention can improve patients' anxiety, depression and other bad mood, but also will make patients more actively cooperate with the treatment. Liu Li et al. found that anxiety, depression and bad mood after breast cancer surgery are one of the common complications after breast cancer surgery, and a good psychological state can effectively reduce the degree of postoperative anxiety and depression. In clinical nursing practice, medical staff should take corresponding psychological intervention measures according to the severity and nursing level of patients. If the condition is mild, they can communicate with patients through daily communication; if the condition is serious, drug treatment or surgical treatment is needed. In addition, breast health promotion should also pay attention to the establishment and maintenance of patients' family support systems. According to relevant foreign studies, the family support system can effectively reduce the recurrence rate of the disease and the incidence of adverse life events. Therefore, in the process of mammary gland health promotion, we should pay attention to communication with family members, publicize mammary gland health knowledge and mammary gland disease prevention knowledge, and create a harmonious and happy family atmosphere, so as to promote mammary gland health.

5. Health care

Health care refers to help patients to establish good living habits, maintain a healthy state, and prevent and eliminate breast diseases through the guidance of professionals. Health care is of worldwide concern, and the World Health Organization (WHO) has included breast health care in the global health program. At present, the relevant guidelines on health care in China have not been released yet. However, with the enhancement of women's awareness of self-health care and the development of breast cancer screening and early diagnosis and treatment, health care will become one of the important health promotion strategies. At present, the most popular health care methods in the world include: self-examination (including secretions and palpation), regular breast examination, breast massage, maintenance, etc. Self-examination refers to the health of breast judged by hand touch or palpation; regular breast examination refers to a breast examination within the specified time, which can effectively detect early breast cancer; regular breast examination refers to a comprehensive physical examination by professionals, which can effectively prevent breast cancer.

6. Closing remarks

At present, breast health promotion strategies and nursing practices are in the exploratory stage at home and abroad. Many documents have been introduced and discussed in China, but their content is scattered and there are great limitations. Studies at home and abroad show that the intervention methods of breast health promotion strategies mainly include routine health education, individualized nursing and personalized nursing. In specific practice, individualized nursing and personalized nursing are the most widely used intervention methods. Routine health education for patients with breast disease does not guarantee its improvement after intervention; personalized care model plays an important role in promoting breast health, but also has some limitations; and individualized care for patients with breast disease can improve its rehabilitation effect. Therefore, in the future, the needs and psychological characteristics of patients with breast disease can be further studied in depth, based on which the corresponding nursing intervention programs can be formulated.

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