

癌症患者告知未成年子女疾病诊断过程体验的质性研究

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【摘要】 目的 探讨癌症患者告知未成年子女疾病诊断过程中的心理体验,为制订相关干预措施提供参考。**方法** 2022年3—6月,采用目的抽样法选择广州市某三级甲等医院抚养未成年子女癌症患者14例为研究对象,采用现象学研究方法对其进行深入的半结构化访谈,根据 Colaizzi 7步分析法进行资料分析。**结果** 多数癌症患者经历了由不告知到告知的过程。其心理体验可归纳为:选择不告知的原因、隐瞒病情面临诸多困境、病情告知前的斟酌、告知后感知的益处、病情告知后所遇困境等5个主题。**结论** 癌症患者常因担心疾病对孩子健康造成不利影响等原因而选择选择隐瞒病情,在此过程中会面临诸多的困境。医护人员应加强对此类人群的关注,协助其选择合适的时机、方式与子女进行沟通,更好地发挥家庭功能在促进疾病治疗中的积极作用。

【关键词】 癌症患者;未成年子女;体验;质性研究

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Experience of Cancer Patients in Informing Minor Children about Cancer Diagnosis: A Qualitative Study

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【Abstract】 Objective To explore the psychological experience of cancer patients in informing their minor children (MC) of cancer diagnosis, and to provide a reference for formulating relevant intervention measures. **Methods** By purposive sampling method, 14 cancer patients in a tertiary hospital from March to June 2022 were selected. The semi-structured interviews were conducted using the phenomenological research method. The Colaizzi 7-step analysis was adopted to analyze the data. **Results** Most cancer patients experienced a process from not informing to informing their minor children of the disease diagnosis. The psychological experience could be summarized into five themes: the reasons for choosing not to inform, facing difficulties by concealing the illness, thinking before informing the patient's condition, perceived benefits after condition notification, and negative psychological experience after informing the patient's condition. **Conclusions** Cancer patients often choose to hide their illness because they are worried about the adverse effects of the disease on their children's health, and they will face many difficulties in this process. Medical staff should strengthen their attention to such groups, and help them choose the right time and way to communicate with their children, therefore better playing the positive role of family function in promoting disease treatment.

【Key words】 cancer patients; minor children; experience; qualitative research

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近年来,癌症发病呈现年轻化趋势,中青年癌症患病人数逐年增加^[1],患者在疾病治疗的同时抚养未成年子女(minor children, MC)的现象越来越普遍^[2]。子女是家庭成员情感的重要纽带,其良好的身心状态对患者疾病管理具有重要意义^[3]。然而,未成年人心智尚未发育成熟,极易受到外界不良因素的刺激而产生身心健康问题^[3-4]。癌症诊断对患

者及其 MC 均是一种预期之外的创伤事件^[5]。父母罹患癌症的未成年人其心理健康问题发生率显著高于同龄人^[6]。癌症患者常担忧自身疾病会对 MC 学习与成长产生不良影响^[7],因此,其在告知 MC 疾病诊断过程中可能会面临诸多的困惑。目前国内尚缺乏癌症患者告知 MC 疾病诊断过程体验的研究。本研究旨在通过现象学研究方法了解癌症患者在告知 MC 癌症诊断过程中的心理体验,为制定相应干预措施提供参考。

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