

## Effect of Continuous Care Model on Body Image Among Breast Cancer Patients Undergoing Chemotherapy: A Clinical Trial

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### Abstract

**Background:** Body image disturbance is a common complication after chemotherapy. The present study aimed to investigate the effect of continuous care model on body image among breast cancer patients undergoing chemotherapy.

**Methods:** This clinical trial was conducted on 78 breast cancer patients undergoing chemotherapy in Ahwaz, Iran in 2013. Firstly, paired subjects were selected among identical subjects, and were randomly assigned to study and control groups. In the study group, continuous care model was administrated, and body image evaluation questionnaire was adopted to evaluate cancer patients' body image. Body image was assessed in two time points (once before the intervention on day four of chemotherapy and once again two months after the intervention). Data were analyzed by independent t-test and chi-square test using SPSS16.

**Results:** Mean score of body image was significantly higher before intervention compared to after in the study group ( $17.8 \pm 5.5$  VS  $8.5 \pm 5$ ) ( $P = 0.0001$ ). There was no significant difference between mean scores of body image before the intervention in the study and control group ( $P = 0.744$ ), and before and after the intervention in the control group ( $P = 0.5$ ).

**Conclusions:** With regard to results, nurses are suggested to administrate continuous care model to improve patients' body image as an available and cost effective method.

**Keywords:** Continuous Care Model; Body Image; Chemotherapy; Breast Cancer; Iran