

The Resilience and Influencing factor among Colorectal Cancer Patients after Surgery

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Background:

Recently, resilience has been suggested as the capacity to cope with adversities like cancer, but rare study to explore this issues in colorectal cancer patient underwent surgery in Taiwan.

Purpose:

To understand the degree of resilience and also identified the influencing factor of resilience among colorectal cancer patients following colorectal surgery (CRS).

Methods:

1. A cross-sectional design,
2. A chart review was first used to identify 571 patients who diagnosed colorectal cancer and underwent a CRS from a 1266-bed hospital in southern Taiwan.
3. A self-report questionnaire was mailed to patients between August 2013 and June 2014, with 188 responses (response rate 32.9%).

Instrument:

1. The resilience scale.
2. Urinary incontinence Scale.
3. Personal features.
4. Disease related variables.

Result:

1. The degree of resilience was 27.7% (52/188) for low resilience, 50.5% (95/188) for moderate resilience, and 21.8% (41/188) for high resilience.

Table 1 Patients' resilience status (*N*=188)

items	n	%
High resilience (score over 147)	41	21.8
Moderate resilience (121-146)	95	50.5
Low resilience (under 121)	52	27.7
Overall mean (SD)=132.1(19.1) score range:100.0-175.0		

2. The stepwise regression model showed three factors were the predictors of resilience, included physical recovery (4.3%), duration of bladder catheterization (3.3%), and educational years (2.9%), and account for 10.5% total variance.

Table 2. Stepwise Multiple Regression predicting patients' resilience (*N*=188)

Variable	Beta	<i>t</i>	<i>p</i>	<i>R</i> ²	95% C.I.
Physical recovery	4.8	2.34	.021	.043	8.75 ~ 0.74
Duration of bladder catheterization	-1.4	-2.25	.026	.076	-0.17 ~ -2.56
Educational years	6.5	2.06	.041	.105	12.69 ~ 0.28

Conclusion:

This study show that most participants have had a moderate to higher resilience after CRS. The nurse should identified and evaluated the influencing factors of resilience before discharge to enhance patients' resilience after CRS.



Taiwan Photo