

Investigation of Thesis to Determine the Effect of Nursing Care on Quality of Life in Turkey: A Systematic Review

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Abstract:

This study was conducted to examine nursing graduate thesis studies in order to evaluate the effect of professional care provided by nursing professionals on the quality of life of individuals in Turkey. In this study, master's and doctoral theses registered in the archive of the Thesis Center of the Council of Higher Education were examined, and a scan was made with the words "nursing" and "quality of life". As a result of the screening, a total of 10 studies were reached between 2010 and 2022. This study was carried out on 4 thesis studies in which nursing care, which meets the inclusion criteria, is at the forefront. All 4 of the theses are master's theses. The first of the studies was to determine the effect of nurse education on dyspnea, fatigue and quality of life in patients with heart failure, the second was to determine the relationship between the level of depression and quality of life of individuals with Acute Coronary Syndrome, and the third was the effect of planned nursing education on quality of life, anxiety and depression in patients with Chronic Obstructive Pulmonary Disease (COPD). In order to evaluate, the fourth was conducted to evaluate the quality of life and perception of nursing care of oncology patients admitted to the emergency department. In the studies, it was determined that the quality of life was effective with the nursing care provided. In line with the findings obtained, it is recommended to develop nursing care plans to increase the quality of life, since a relationship has been determined between quality of life and signs and symptoms of the disease.

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INTRODUCTION

Quality of life does not have a single meaning. It is often thought to have similar meanings to health (Gomi et al., 2007). According to the World Health Organization, health is "not only the absence of disease and disability, but also a state of complete physical, mental and social well-being." (WHO, 2022). Many variables such as the society and environment in which the individual lives affect the concept of quality of life (Hammer et al., 2007). According to the World Health Organization, quality of life is defined as "determining one's own lifestyle and perception with the culture and values of the individual" (WHO, 2022). Nurses are health professionals who work to ensure the physical, social and mental well-being of individuals. Definition of nursing to ICN; It is "a professional group that helps to protect and improve the health of the individual, family and society, and provides healing and rehabilitation in case of illness" (WHO, 2022). This study was conducted to examine nursing graduate thesis studies in order to evaluate the effect of professional care provided by nursing professionals on the quality of life of individuals in Turkey.

METHOD

In this study, master's and doctoral theses registered in the archive of the Thesis Center of the Council of Higher Education were examined, and a scan was made with the words "nursing" and "quality of life". As a result of the screening, a total of 10 studies were reached between 2010 and 2022. This study was carried out on 4 thesis studies in which nursing care, which meets the inclusion criteria, is at the forefront. Since the research is a systematic review, the ethics committee and institutional permission were not obtained for the study. There is no financial support for the study. There is no interest study in the study. In the study, the fact that it is a master's and doctoral thesis, year, type, number of samples, measurement features used, application features and the results obtained are summarized.

RESULT

Four of the theses accepted to the study are master's theses. In Efe's master's thesis study conducted in 2010, a randomized controlled experiment was conducted in a total of 49 patients, 24 experiments and 25 controls, in order to determine the effect of nurse education on dyspnea, fatigue and quality of life in patients with heart failure. Data were collected using the Patient Information Form, Basal Dyspnea Index, Visual Similarity Scale for Fatigue and EORTC QLQ C-30 Quality of Life Scale. In the experimental group, there was a significant improvement in perception of health status ($p<0.01$), dyspnea (functional impairment ($p<<0.001$), size of work ($p<0.001$), magnitude of effort ($p<0.001$), fatigue level ($p<0.001$), energy level ($p<0.001$), quality of life and all sub-dimensions (symptom ($p<0.001$), function ($p<0.001$), general well-being ($p<0.001$)). In the control group, a decrease was observed in all subgroups except for the shortness of breath sub-dimension of the quality of life scale. As a result of the research, it was concluded that the training given by the nurse to patients with heart failure improved dyspnea, fatigue, and quality of life (Efe, 2010). In Akgül Kozan's master's thesis in 2014; The aim of this study was to determine the relationship between depression level and quality of life of individuals with acute coronary syndrome disease. A total of 276 people were included in the study (138 cases, 138 control groups). The data were collected using the data collection form, the Beck Depression Scale and the EQ-5D Quality of Life Scale. Percentage, mean, Student-t test, Mann Whitney U Test, Spearman correlation analysis, Chi-square and Kruskal Wallis test were used in the analysis of the data. The mean scores of the disease diagnosis times, the total number of drugs per day and the duration of smoking were found to be higher than the individuals in the control group ($p<0.005$). Depression levels were higher, and quality of life was lower in female patients than male patients. Married patients in the case group had lower levels of depression and higher quality of life than married individuals in the control group. The depression level of the control group was found to be higher than the case group ($p<0.005$). As the age of the research group increased, the level of depression increased and the quality of life decreased; It has been determined that as the amount of monthly income and education level increases, the level of depression decreases and the quality of life increases. ($p<0.005$). Patients in the case group; It has been determined that the level of depression increases, and the quality of life decreases as the duration of diagnosis of the disease, the number of drugs they take daily and the duration of smoking increase (Akgül Kozan, 2014). Kobak's master's thesis in 2016 was conducted to evaluate the quality of life, nursing care and perception of oncology patients admitted to the emergency department. The data were collected by using the patient descriptive information form developed by the researcher in line with the literature, the Quality of Life Scale (EORTC QLQ-C30) and the Nursing Care Perception Scale.

While analyzing the data, the normality test of the quantitative data was examined with Shapiro Wilk. Mann Whitney you and Kruskal Wallis tests were used in the analysis of the data that did not show normal distribution. As a result of the research, it was seen that the quality of life of oncology patients admitted to the emergency department affected their perception of nursing care (Kobak, 2016). Doğan's master's thesis in 2018 was conducted to evaluate the effect of planned nursing education on quality of life, anxiety, and depression in patients with Chronic Obstructive Pulmonary Disease (COPD). Data belonging to the intervention and control groups; The introductory information form was collected using the Hospital Anxiety and Depression Scale (HAD), COPD Assessment Test (CAT) and St. George Respiratory Questionnaire (SGRQ). After the application of questionnaires, anxiety, and quality of life questionnaires, planned nursing training was given to the patients in the intervention group and the questionnaire forms were repeated. Patients in the control group were not trained. It has been observed that planned nursing education applied to patients with COPD provides improvement in quality of life (Doğan, 2018).

DISCUSSION

In this retrospective study, it was aimed to examine nursing graduate thesis studies in order to evaluate the effect of professional care provided by nursing professionals on the quality of life of individuals in Turkey.

As a result of Efe's master's thesis in 2010, it was concluded that the education given by the nurse to patients with heart failure provided improvement in dyspnea, fatigue and quality of life (Efe, 2010). When the literature was examined, it was determined that the responses given to the quality of life scale were similar in a similar study (Özer, 2002).

As a result of Kozan Akgül's master's thesis in 2014, it was determined that the patients in the case group; As the diagnosis time of the disease, the number of drugs they take daily and the duration of smoking increase, the level of depression increases and the quality of life decreases (Akgül Kozan, 2014). In similar studies in the literature, it has been stated that as the age of the patients increases, their depression levels are higher and their quality of life is lower (Denton et al., 2012; Savaşan et al., 2013).

As a result of Kobak's master's thesis in 2016, it was seen that the quality of life of oncology patients admitted to the emergency department affected their perception of nursing care (Kobak, 2016). In similar studies in the literature, it has been reported that patients are satisfied with nursing care at or above (Şişe, 2013; Aydin, 2014).

As a result of Doğan's master's thesis in 2018, it was seen that planned nursing education applied to patients with COPD improved the quality of life. In similar studies in the literature, it was found that while there was no significant improvement in the quality of life of the intervention and control groups before the training, the quality of life was positively affected after the training given to the intervention group (Reardon et al., 2006).

CONCLUSION

In the studies, it was determined that the quality of life was effective with the nursing care provided. In line with the findings obtained, it is recommended to develop nursing care plans to increase the quality of life, since a relationship has been determined between quality of life and signs and symptoms of the disease.

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