

## IMPACT OF REHABILITATION BREAST RECONSTRUCTION PROGRAM ON PHYSICAL ACTIVITY AMONG CANCER PATIENT

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### ABSTRACT

Breast has an important role in sense of femininity and sense of self and sexual attractiveness among females. So, when a female complain of abnormality in the breasts from deformities or cancer patients might undergo mammoplasty surgery for enhancement, either by augmented, reduction, or reconstruction. This may cause pain that affect maintenance of physical activity and need for rehabilitation to minimize it. Therefore the aim of this study was to investigate the impact of rehabilitation breast reconstruction program on physical activity among cancer patient. The researcher hypothesized that; there will be significant difference on level of independency in physical activity before and after implementing the program. A convenient sample of 30 female patients with breast reconstructive surgery admitted to surgical departments in Cairo university hospitals was recruited to fulfill the aim of this study. Data were collected utilizing; socio-demographic data, Assessment of Patient knowledge, Physical Activity tools. The study results revealed that, there was differences in knowledge mean score before and after implementing the program ( $0.90 \pm 3.17$  &  $56.90 \pm 6.20$ ) respectively. Also, there were statistically significant differences at ( $p=000$ ) in level of dependency of physical activity before and after implementing the program. It can be concluded that, enrichment of patients' knowledge and practices in relation to their condition and utilization of the educational program could have appositve impact and an improvement of patients' outcomes. This study included two type of surgery (latissimus dorsi LD flap and breast implant) so, the researcher recommends the replication of program on different techniques of surgery flap to test the difference.

**KEYWORDS:** Rehabilitation, Physical Activity, Reconstruction