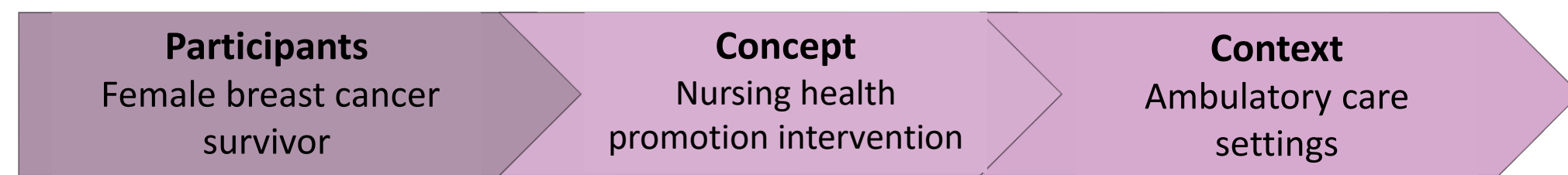


BACKGROUND

- The diagnosis and treatment of breast cancer can alter survivors' perspective on the world and motivate them to make positive changes in their lives¹.
- The period following active treatment is often considered a "teachable moment"². However, the teachable moment alone does not lead to lifestyle changes; it requires support through counselling and health education³.
- Nurses can play a vital role in health promotion by providing health education and self-management support⁴.
- However, health promotion interventions appear to be underutilized by nurses due to a lack of knowledge and skills⁵.

AIM & METHODOLOGY

- To map the existing health promotion nursing interventions for female breast cancer survivors (BCSs).
- This **scoping review** followed the JBI⁶ methodology for scoping reviews and the recommendations of Pollock et al⁷.
- After removing duplicates, 4429 articles were retrieved from five databases. After conducting title, abstract, and full-text screening, 22 articles met the eligibility criteria and were included in this review.



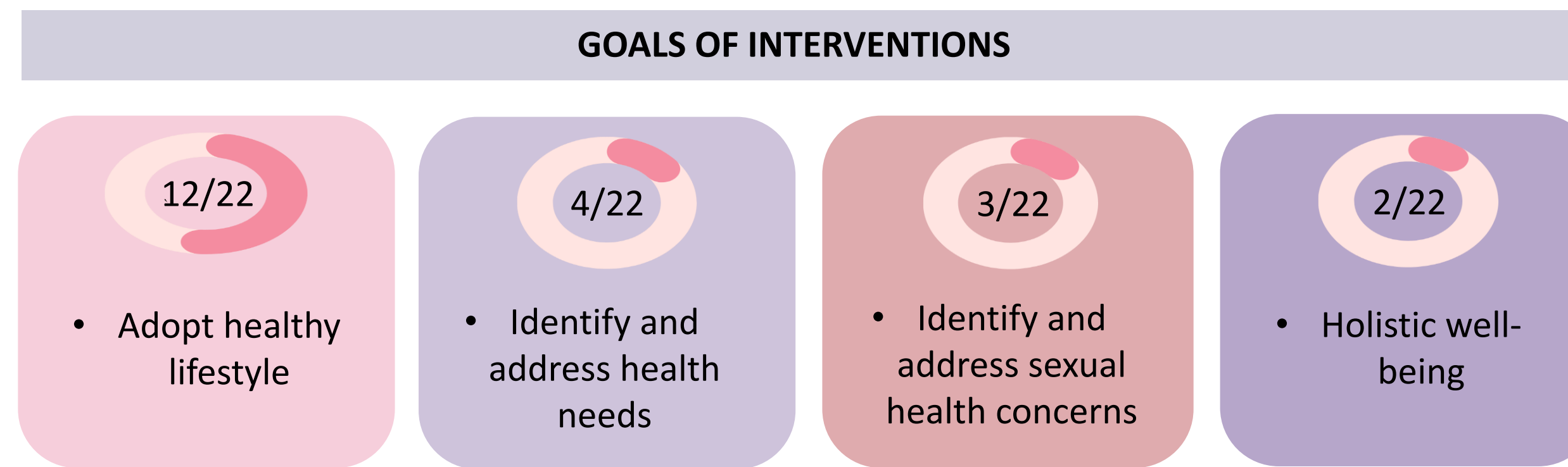
RESEARCH QUESTIONS & RESULTS

What approaches are used by nurses to promote the health of female BCSs ?

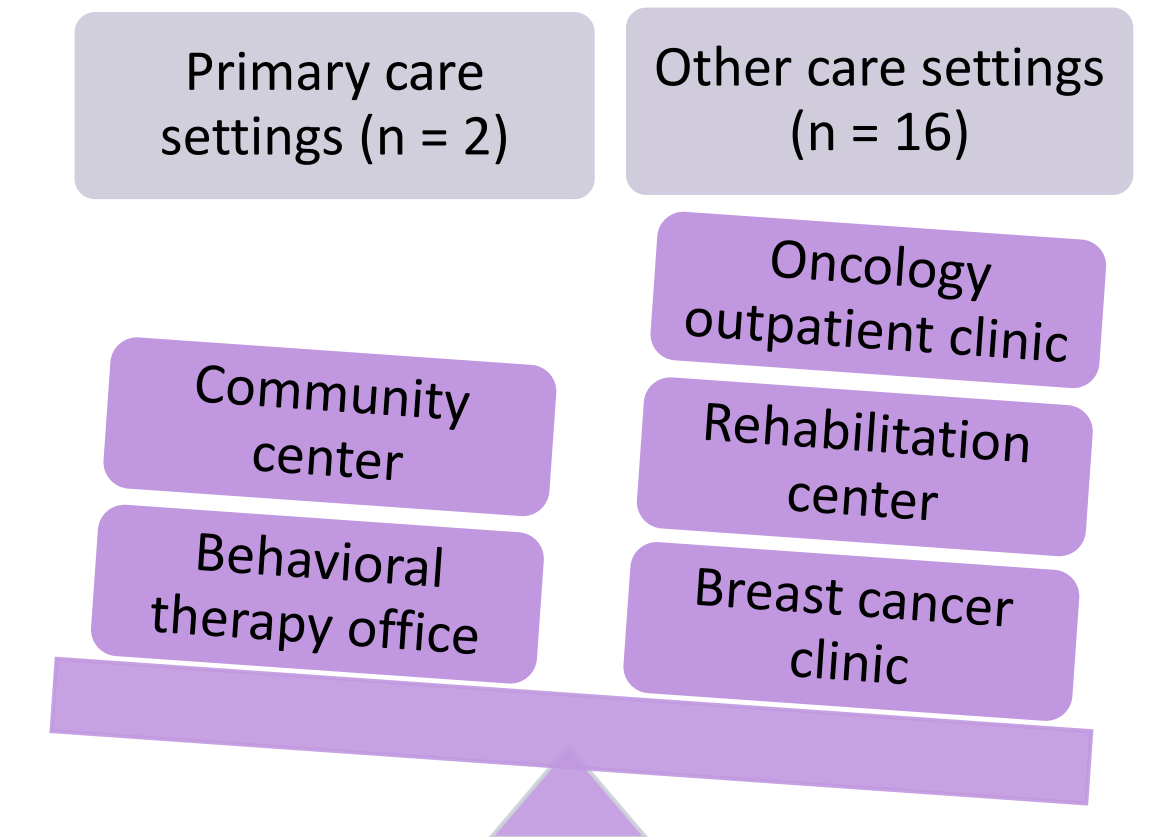
- Nurses predominantly utilized the educational approach to enhance the knowledge and skills of BCSs regarding their health. Empowerment approach, which aims to support BCSs take control of their lives, was less commonly employed in the studies.



What are the characteristics of health promotion nursing interventions for female BCSs ?



INTERVENTION LOCATION



IMPLICATION FOR PRACTICE & FUTURE RESEARCH

- Nurses can use a variety of approaches and interventions with different characteristics to improve the health of cancer survivors.

- Whereas the educational approach was the most frequently employed, health education is only one facet of health promotion⁸. Therefore, more research is needed to implement and evaluate other health promotion approaches for cancer survivors.

- While most of the interventions were developed in a specialized care setting, it is evident that these interventions are highly applicable to a primary care setting. Therefore, it is crucial to conduct further research aimed at developing health-promoting nursing interventions specifically tailored to BCSs within primary care.

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