

## **ABSTRACT**

### **MANAGEMENT OF BODY IMAGE CHANGES IN PATIENTS WITH POST-MASTECTOMY MAMMAE CA**

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**Background:** Breast cancer patients (Ca Mammae) who undergo mastectomy often experience psychological problems in the form of impaired body image. Losing one of the body parts that have an important meaning for a woman's identity can cause shame, fear of rejection, and decreased self-esteem. Appropriate nursing interventions are needed to help patients adapt to those physical changes. **Objective:** To determine the picture of nursing care with the diagnosis of body image disorders in post-mastectomy patients, including the results of the study, diagnosis enforcement, intervention, implementation, and evaluation based on SDKI, SIKI, and SLKI standards.

**Methods:** A case study was conducted on Mrs. E's patient in the Operating Room of Dr. Tadjuddin Chalid Makassar Hospital with a medical diagnosis of Ca Mammae post mastectomy. The assessment was carried out through interviews, observations, and physical examinations. The established nursing diagnosis is Body Image Disorder (D.0081). The interventions provided refer to the SIKI Body Image Promotion (I.14143), including therapeutic communication, counseling, education about wound care and physical changes, relaxation exercises, and family involvement.

**Results:** Patients initially showed signs of rejection of the body's condition, felt embarrassed, and feared losing their husband's support. After the intervention, the patient begins to be able to express feelings, understand the postoperative condition, try relaxation techniques, and show a more open attitude. Family support is an important factor in increasing patient acceptance of physical changes.

**Conclusions:** Nursing interventions in the form of education, counseling, relaxation therapy, and family involvement are effective in helping post-mastectomy patients manage changes in body image. A holistic approach that pays attention to physical, psychological, social, and spiritual aspects is needed so that patients are able to adapt and maintain their role in the family and society.

**Keywords:** Body Image, Ca Mammae, Mastectomy