

Family Support for Patients Undergoing Chemotherapy Breast Cancer in the Chemotherapy Room Santa Elisabeth Hospital Medan Year 2023

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ABSTRACT (10 PT)

Breast cancer is the second leading cause of death after lung cancer and is the main cause of cancer death in women. In treating breast cancer patients undergoing chemotherapy, family support is very necessary and important concern for breast cancer patients undergoing chemotherapy through family support so that sufferers have hope and a purpose in life. The aim of this study was to determine family support for patients undergoing breast cancer chemotherapy in the chemotherapy room at Santa Elisabeth Hospital, Medan. This research uses a qualitative method where data collection is carried out by interviews with 5 questions. The sampling technique is uses purposive sampling, namely by reducing respondents from the total population used with a total of 5 participants. Inclusion criteria are the general characteristics of research subjects from population that can be accessed and will be researched (Nursalam 2020). The inclusion criteria in were: patients aged over 30 years and patients who had undergone chemotherapy more than once. The data analysis technique used is thematic analysis with research results: family support is encouragement given by the family to breast cancer chemotherapy patients, support that can be given to breast cancer chemotherapy patients is in the form of praise from the family, family support can be seen from behavior that takes over the work of chemotherapy patients breast cancer, Family support provides open or non-confidential information to breast cancer chemotherapy patients. Family support can be provided by the presence of the family for breast cancer chemotherapy patients.

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INTRODUCTION

Cancer is a group of more than 200 diseases characterized by uncontrolled and irregular cell growth. Although cancer is often considered a disease of aging, with the majority of cases 77% diagnosed in those aged over 55 years (Lewis 2014). Breast cancer is the second leading cause of death after lung cancer and is the cause of cancer deaths in women (Ignatavicius & Workman, 2016).

WHO 2018 data in research by (Kusumawaty et al. 2021), states that breast cancer most often occurs in women, with an impact of 2.1 million cases every year and it is estimated that 627,000 women die from cancer. According to the 2018 International Agency for Research on Cancer data in research (Nomiko 2020), it is said that breast cancer is a contributor to death by 6.6% of all cancer deaths in the world, where the number reached is around 11.6% of all types of cancer. and it was found that the incidence of breast cancer in women in Indonesia was 11.3%.

Based on medical records at Santa Elisabeth Hospital, Medan, breast cancer sufferers, both inpatient and outpatient, the number of sufferers in 2022 will be 317 cases and in January and February 2023 it will be 64 cases.

According to research by (Septi Setio Damayanti 2022), based on writing that was done using 25 respondents, it shows that family support received by breast cancer sufferers was 18 respondents (72%) and family support was not received by breast cancer sufferers by 7 respondents (18%). According to research by (Mahayani, 2020), from the results of writing carried out by the previous author using 188 respondents, the results showed that in the high family support category 88 respondents (46.8%), in the moderate family support category 96 respondents (51.1%), and low category 4 respondents (2.1%).

The exact cause of breast cancer has not been explained. However, many studies show that there are several factors that are associated with an increased risk or possibility of developing breast cancer. In general, breast cancer risk factors are categorized as modifiable factors and non-modifiable factors. Age, younger age at menarche, older age at menopause, and genetics are factors that cannot be modified. Obesity, exercise, hormone replacement therapy, alcohol, lactation, oral contraceptives, and diet are thought to be modifiable risk factors (Amelia and Srywahyuni 2023).

Other factors that cause breast cancer in women are gender, race, radiation exposure, breast abnormalities, breast thickness, history of cancer, menstrual periods, history of pregnancy and breastfeeding. The existence of these factors does not mean that women who are at risk will definitely suffer from breast cancer. It's just that the possibility of breast cancer sufferers is increasing and you need to be careful. The main cause of breast cancer is not yet known with certainty, but the authors' results show that some breast cancers occur due to an unhealthy lifestyle. Such as consuming fast food, consuming excessive amounts of fatty foods, not drinking enough water, not consuming enough fruit and vegetables, lack of physical activity, and not regularly checking your health with a doctor (Alfiani, 2022).

Breast cancer treatment includes chemotherapy, surgery, radiation therapy, hormonal therapy, targeted therapy. Chemotherapy is a treatment procedure that will be given first to patients before carrying out other treatments (Jayanti, 2022). Chemotherapy is one of the most frequently given breast cancer treatments. Chemotherapy is the process of administering anti-cancer drugs in the form of liquid pills or capsules or via infusion which aims to kill cancer cells, not only cancer cells in the breast, but also cells throughout the body (Marlinda, 2019).

Chemotherapy is a systematic treatment of cancer with anticancer agents. It works by stopping the growth of cancer cells, which grow abnormally and divide rapidly. Unfortunately, it cannot selectively differentiate between healthy cells and cancer cells, thereby causing damage to other healthy cells (Abu El-Kass et al. 2021).

This chemotherapy can cause side effects for breast cancer sufferers. Common physical side effects of chemotherapy are that patients will experience nausea and vomiting, changes in taste, hair loss (alopecia), mucositis, dermatitis, fatigue, dry skin, even nails and skin can turn black, loss of appetite, and pain in the bones (Marlinda et al. 2019). The side effects of chemotherapy often become a problem for patients in carrying out activities, so that a holistic view of life including physical, psychological, spiritual, social and environmental will have an impact on the patient's quality of life (Novitarum, 2019). The side effects that occur make breast cancer patients feel uncomfortable, afraid, anxious, lazy, and even frustrated.

Supporting cancer patients is by increasing family participation through family support. In poor psychological conditions due to the physical condition of breast cancer patients really need support from the people closest to them such as family. Family is the person closest to the patient who provides calm and comfort in various disease conditions experienced by the patient (Mahayani et al. 2020).

In treating breast cancer patients undergoing chemotherapy, family support is very necessary which helps reduce the patient's anxiety, increase the patient's enthusiasm for life, the patient's commitment to continue undergoing treatment, accompany the patient, and can further increase the enthusiasm for life or motivation in breast cancer patients (Rusmauli Lumban Gaol and Nahampun 2022). Family support can also be provided through the husband or someone closest to him by providing a sense of joy, security, comfort and emotional support which will affect mental health (Rosa et al. 2022).

Breast cancer chemotherapy patients must feel support from the family by receiving informational support, assessment or appreciation support, instrumental support and emotional support. Emotional support is in the form of a sense of concern or empathy, appreciation support is positive appreciation for family members so that family members feel appreciated, instrumental support is support given in the form of equipment or real objects such as giving money for the treatment of sick family members, and informational support is support that given in the form of advice or advice to family members, for example giving advice to family members to seek treatment regularly (Marlinda et al. 2019). The results of an initial survey conducted by the author on patients undergoing breast cancer chemotherapy, where it was found from interviews that patients received less support from family members in terms of assistance while undergoing breast cancer chemotherapy.

RESEARCH METHOD

The research design that the researcher carried out in this study used phenomenological research, namely describing or explaining the life experiences of individuals or participants related to the phenomenon to be studied. This form of research involves interviews (Jhon Creswell 2018).

Participants represent information obtained by researchers from inductive participants as a basis for developing theories that are firmly rooted in participants' experiences (Polit, D.F. and Beck 2012).

According to Creswell (2009), it is recommended that 5-25 participants be used which will help researchers determine the number of participants needed but will depend on the participant saturation achieved. In this study, participants were selected using purposive sampling, namely by reducing the number of participants from the total population used (Creswell 2009).

Purposive sampling is also called that researchers can select the population and its elements that can be used in the sample to gain an advantage from the problem to be studied (Polit & Bernadetta, 1991). So the author decided to take 5 participants using the inclusion criteria.

Inclusion criteria are the general characteristics of research subjects from a target population that is accessible and will be studied (Nursalam 2020). The inclusion criteria in this study are as follows: Patients over 30 years old and Patients who have undergone chemotherapy more than once. Data analysis is a very important part of achieving the main research objectives, namely answering researchers' questions that reveal phenomena, through various types of statistical tests (Nursalam 2020). Statistics is a tool that is often used in quantitative research. One of the functions of statistics is to simplify very large amounts of data into information that is simple and easy for readers to understand to make decisions. Statistics provides methods for obtaining data and analyzing data in the process of drawing conclusions based on that data. The purpose of processing data with statistics is to help answer research questions from practical and scientific activities. In this case, statistics is useful when determining the form and amount of data required. In addition, it is also involved in collecting, tabulating and interpreting data.

The data analysis used in this research is thematic analysis method, which is a very effective method if a study intends to examine in detail the qualitative data they have in order to find interrelationships between patterns in a phenomenon and explain the extent to which a phenomenon occurs through the researcher's eyes. The stages in using the thematic analysis method are:

1. Understanding data

To understand the data, it is necessary to examine in depth what happened from an event through the participant's perspective through recordings and transcripts of interviews so that getting the desired data is like a researcher's 'treasure' whose meaning needs to be explored more deeply. Here researchers need to understand and integrate with the qualitative data they obtain.

2. Compile code

Codes can be thought of as labels, or features contained in the data that relate to the research question. In this case, the researcher determines which data in the interview transcript needs to be coded.

3. Looking for a thema

In thematic analysis, it is necessary to look for themes, themes that are in accordance with the research objectives. This theme describes something important in the data related to the formulation of the research problem or this theme describes the pattern of the phenomenon being studied. The theme in this research is family support for patients undergoing breast cancer chemotherapy in the chemotherapy room at Santa Elisabeth Hospital, Medan in 2023.

RESULTS

1. Family support is the encouragement given by the family to breast cancer chemotherapy patients.

Results of interviews conducted with patients undergoing breast cancer chemotherapy at St. Elisabeth Medan, "Family support is the encouragement given by the family to breast cancer chemotherapy patients", with a total of 5 participants.

Explanation quotes from participants are as follows:

| | | |
|-----------|-------------------|---|
| P1 | L: 142 | <i>The family support is very big, I'm enthusiastic about coming back</i> |
| | L: 144-146 | <i>My family took turns taking me, my children and husband all supported me for my health. So I'm excited.</i> |
| | L: 183-185 | <i>The family is also supportive, I am enthusiastic because I believe I will recover because of family support.</i> |
| P2 | L: 288-291 | <i>My family gives me encouragement and supports me, making me even more enthusiastic.</i> |
| P3 | L: 403-404 | <i>My family gives me support, so I am enthusiastic, and can survive to be healthy again, to take care of my family.</i> |
| | L: 419-420 | <i>My family always supports me.</i> |
| P4 | L: 613 | <i>Family support makes me enthusiastic.</i> |
| | L: 617-618 | <i>I think family support is like attention, affection, anger because he loves you.</i> |
| P5 | L: 775 | <i>Everyone supports</i> |
| | L: 778 | <i>As encouragement for me</i> |

2. Family support is support given to breast cancer chemotherapy patients in the form of praise from the family.

Results of interviews conducted with patients undergoing breast cancer chemotherapy at St. Elisabeth Medan, "family support is support given to breast cancer chemotherapy patients in the form of praise from the family", with a total of 5 participants.

Explanation quotes from participants are as follows:

| | | |
|-----------|-------------------|---|
| P1 | L: 150-151 | <i>My family praised me because I was strong during chemotherapy.</i> |
| P2 | L: 296-298 | <i>My family told me: I am getting fresher, more enthusiastic, it is extraordinary that this elderly mother is still enthusiastic.</i> |
| P3 | L: 427-429 | <i>My family said I could undergo such heavy chemotherapy, and my family supported me.</i> |
| P4 | L: 625-627 | <i>The family gives praise: salute I see you, if I were you I wouldn't be able to, you can.</i> |
| P5 | L: 785-786 | <i>The family said they were enthusiastic because at this age they</i> |

could still get through it.

3. Family support can be seen from the behavior of taking over the work of breast cancer chemotherapy patients.

Results of interviews conducted with patients undergoing breast cancer chemotherapy at St. Elisabeth Medan, "family support is support given to breast cancer chemotherapy patients in the form of behavior that takes over the patient's work", with a total of 5 participants.

Explanation quotes from participants are as follows:

| | | |
|-----------|-------------------|--|
| P1 | L: 191 | <i>My family took over my work while I was undergoing chemotherapy</i> |
| P2 | L: 307 | <i>My family does my work at home.</i> |
| P3 | L: 438-439 | <i>After I got sick my job was taken over by my family</i> |
| | L: 444-445 | <i>For now, my family has taken over my job.</i> |
| P4 | L: 667-668 | <i>When I was really weak, thank God my family understood and took over my work</i> |
| P5 | L: 790 | <i>My family took over my work.</i> |

4. Family support can be said to be the family providing open or non-confidential information to breast cancer chemotherapy patients.

Results of interviews conducted with patients undergoing breast cancer chemotherapy at St. Elisabeth Medan, "Family support is support given to breast cancer chemotherapy patients in an open manner or without confidentiality", with a total of 5 participants.

Explanation quotes from participants are as follows:

| | | |
|-----------|-------------------|---|
| P1 | L: 200 | <i>All the family is open about my health</i> |
| P2 | L: 324-325 | <i>My family makes no secret about my health</i> |
| P3 | L: 450 | <i>The family is all open, whatever the doctor says I listen</i> |
| P4 | L: 677-678 | <i>My family always accompanies me to listen to information from the doctor</i> |
| P5 | L: 796-797 | <i>The family doesn't keep any information secret, whatever my doctor says is there.</i> |

5. Family support can be provided by the presence of family to breast cancer chemotherapy patients.

The results of interviews conducted with patients undergoing breast cancer chemotherapy at Santa Elisabeth Hospital in Medan, "family support can be given to breast cancer chemotherapy patients in the form of presence", with a total of 4 participants.

Explanation quotes from participants are as follows:

| | | |
|-----------|-------------------|---|
| P1 | L: 205-206 | <i>The family provided support in the form of: listening, accompanying, everything the family could do before I went to the hospital</i> |
| P2 | L: 329-330 | <i>My son is willing to accompany me for chemotherapy, until my son takes leave</i> |
| | L: 336-338 | <i>My family accompanied me to surgery, all my children were willing to accompany me during my illness, this support was extraordinary for me.</i> |

| | | |
|----------------------|-------------------|--|
| <i>P₄</i> | <i>L: 740-743</i> | <i>My family invited me to tell stories.</i> |
| <i>P₅</i> | <i>L: 801-802</i> | <i>During chemotherapy my family visited me almost every day</i> |

DISCUSSIONS

1. Family support is the encouragement given by the family to breast cancer chemotherapy patients.

Family support is the encouragement given by the family to breast cancer chemotherapy patients (support, encouragement, encouragement, attention, affection, and encouragement). This statement is the result of interviews from 5 participants with the following participant statements:

P₁: "I'm enthusiastic again, everyone took me to chemotherapy, my family supported me for my health."

P₂/P₅: "My family encourages and supports me."

P₃: "My family supports me, that's why I'm enthusiastic."

P₄: "Family support gives me encouragement, such as attention and love."

Based on the statement above, the author assumes that the family needs to provide encouragement for the sufferer. By providing encouragement to patients, they can motivate patients to continue undergoing chemotherapy, feel that they receive attention, affection, increase their enthusiasm for life and increase their confidence in getting well quickly.

This is supported by the opinion that family support is a very important factor for someone who is facing problems and can motivate that person to undergo treatment, such as in patients undergoing chemotherapy for breast cancer (Lewis 2014).

Family support is a vital factor for someone who is facing problems and can raise the individual's enthusiasm in undergoing breast cancer chemotherapy (Yanti Silaban and Edisyah Putra Ritonga 2021).

2. Family support is support that can be given to breast cancer chemotherapy patients in the form of praise from the family.

Family support is support given to breast cancer chemotherapy patients in the form of praise from the family (you are strong, fresher, extraordinary, salute, you can do it). This statement is the result of interviews from 5 participants with the following participant statements:

P₁: "The family gave praise, because they were strong through chemotherapy"

P₂: "The refreshing thing is, it's amazing that elderly people are still enthusiastic about undergoing chemotherapy."

P₃: "You can undergo such heavy chemotherapy."

P₄: "The family salutes me, you can do it."

P₅: "I'm enthusiastic because at this age I can still get through chemotherapy."

Based on the statement above, the author assumes that family support is support that can be given to breast cancer chemotherapy patients in the form of praise that can increase self-confidence to undergo breast cancer chemotherapy.

This is supported by the opinion that family support is divided into 4 forms of family support, one of which is appreciation support where this support is giving praise, motivation and encouragement to breast cancer chemotherapy patients in the treatment process (Nurhidayati and Desi Ariyana Rahayu 2017).

The family support provided by the family to breast cancer chemotherapy patients is that the family provides feedback. The feedback in question is how the family responds to the patient (Nurhidayati and Desy Ariyana Rahayu 2017).

Mahayani et al. (2020), support is provided by positive expressions or responses from the family to someone they can talk to about their problems.

3. Family support can be seen from the behavior of taking over the work of breast cancer chemotherapy patients.

Family support can be seen from the behavior of taking over the work of breast cancer chemotherapy patients (take over, understand, patient rests). This statement is the result of interviews from 5 participants with the following participant statements:

P1/P2/P5: *"My family took over my work."*

P3: *"When I was sick my family took over my job."*

P4: *"When I was really weak and thank God the family understood."*

Based on the statement above, the author assumes that family support is the family providing assistance during treatment and the family's willingness to replace the housework that the sufferer usually did before being sick.

This is supported by the opinion that family support is support that can be done by providing real assistance. By providing this support it can reduce the burden that the individual has (Linda, 2021).

Family support can be given by the family to someone in the form of assistance with energy, funds and time where the family gives their time and energy to someone (Marlinda et al. 2019).

4. Family support can be said to be the family providing open or non-confidential information to breast cancer chemotherapy patients.

Family support can be said to be the family providing open or non-confidential information to breast cancer chemotherapy patients (open, no confidentiality, always accompanying them). This statement is the result of interviews from 5 participants with the following participant statements:

P1/P3: *"All families are open."*

P2/P5: *"The family has no secrets."*

P4: *"My family always accompanies me."*

Based on the statement above, the author assumes that what is most needed in family support is family openness regarding information about the patient's illness. This is one form of the four types of family support, namely informational support, so that this support is really needed by patients before undergoing breast cancer treatment and if there are side effects from chemotherapy the patient is ready to accept them.

This is supported by the opinion that family support is the support received by the patient by the family from health workers or doctors regarding illnesses, obstacles and restrictions suffered by the patient (Rahmawati 2021).

Family support is divided into 4 forms, one of which is informational support, where this support is support provided in the form of the family providing advice, solutions or providing information about the patient's health. The information assistance provided by families to cancer patients in the form of information about the disease and appropriate treatment is expected to help reduce stress and assist individuals in determining appropriate treatment (Rahmawati 2021).

5. Family support can be provided by the presence of family to breast cancer chemotherapy patients.

Family support can be provided by the presence of family to breast cancer chemotherapy patients (listening, accompanying, being available and visiting). This statement is the result of interviews from 4 participants with the following participant statements:

P1: *"The family listened, accompanied me, what they could do before I went to the hospital."*

P2: *"My family was willing to accompany me to the operation, that support was extraordinary for me."*

P4: *"My family invited me to tell stories."*

P5: *"Visit me every day, give me encouragement."*

Based on the statement above, the author assumes that the family support received by the patient can be in the form of a place to listen to complaints where the family can involve expression, empathy, attention, and accompany the patient so that breast cancer patients feel better, gain confidence to recover quickly, and feel loved.

This is supported by the opinion that family support is in the form of empathy which provides attention in the form of providing time to listen and be heard (Nurjayanti 2019). Family support as a safe and peaceful place for rest and recovery that helps master emotions (Nurhidayati and Desi Ariyana Rahayu 2017).

Family support can be in the form of empathy, love, honesty, listening to all complaints and a place to express all the feelings felt by the patient about the treatment they are undergoing so as to reduce the burden the patient feels, the patient feels better, gains confidence, feels owned and loved (Rahmawati 2021).

CONCLUSION

Based on the results of research conducted in the Chemotherapy Room at Santa Elisabeth Hospital, Medan in 2023, regarding Family Support for Patients Undergoing Breast Cancer Chemotherapy for 5 participants, it can be concluded that: Family support is the encouragement given by the family to breast cancer chemotherapy patients (support, encouragement, encouragement, attention, affection and encouragement). Family support is support that can be given to breast cancer chemotherapy patients in the form of praise from the family (you are strong, fresher, extraordinary, salute, you can do it). Family support can be seen from the behavior of taking over the work of breast cancer chemotherapy patients (take over, understand, patient rests). Family support can be said to be the family providing open or non-confidential information to breast cancer chemotherapy patients (open, no confidentiality, always accompanying them). Family support can be

provided by family presence for breast cancer chemotherapy patients (listen, accompany, be available and visit the family).

Provide future research

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