A Feasibility Study of an Uncertainty Management Intervention for Patient–Partner Dyads Experiencing Breast Cancer

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OBJECTIVES: To examine the feasibility, acceptability, and effects of a dyad-based uncertainty management intervention for breast cancer, including tailored information and coping skills training.

SAMPLE & SETTING: 16 patient–partner dyads experiencing breast cancer were enrolled from a midwestern comprehensive cancer center.

METHODS & VARIABLES: A single-group pre-/post-test design was used, and descriptive statistics and Cohen’s d were calculated. Measures were completed before the intervention and during each treatment cycle. Feasibility, acceptability, fidelity, uptake, and outcome variables (uncertainty, dyadic coping, family functioning) were included.

RESULTS: 16 dyads were enrolled during a 13-month period; 15 dyads completed the training for the study, and 13 dyads completed all study activities. Overall, participants reported satisfaction with the intervention. Small to medium effect sizes were observed across the outcomes.

IMPLICATIONS FOR NURSING: This study highlights the need for nurses to help couples manage uncertainty related to new cancer treatment. Tailored interventions can allow nurses to use their time efficiently by focusing on individuals’ actual needs.

KEYWORDS patient–partner dyads; uncertainty management; intervention; breast cancer; feasibility

ONF, 47(5), 595–608.

DOI 10.1188/20.ONF.595-608