

In the <u>last month</u> , what was your level of need for help with:		No need		Some need		
		No applicable	Satisfied	Low need	Moderate need	High need
1.	Pain	1	2	3	4	5
2.	Lack of energy/tiredness	1	2	3	4	5
3.	Feeling unwell a lot of the time	1	2	3	4	5
4.	Work around the home	1	2	3	4	5
5.	Not being able to do the things you used to do	1	2	3	4	5
6.	Anxiety	1	2	3	4	5
7.	Feeling down or depressed	1	2	3	4	5
8.	Feelings of sadness	1	2	3	4	5
9.	Fears about the cancer spreading	1	2	3	4	5
10.	Worry that the results of treatment are beyond your control	1	2	3	4	5
11.	Uncertainty about the future	1	2	3	4	5
12.	Learning to feel in control of your situation	1	2	3	4	5
13.	Keeping a positive outlook	1	2	3	4	5
14.	Feelings about death and dying	1	2	3	4	5
15.	Changes in sexual feelings	1	2	3	4	5
16.	Changes in your sexual relationships	1	2	3	4	5
17.	Concerns about the worries of those close to you	1	2	3	4	5
18.	More choice about which cancer specialists you see	1	2	3	4	5
19.	More choice about which hospital you attend	1	2	3	4	5
20.	Reassurance by medical staff that the way you feel is normal	1	2	3	4	5
21.	Hospital staff attending promptly to your physical needs	1	2	3	4	5
22.	Hospital staff acknowledging, and showing sensitivity to, your feelings and emotional needs	1	2	3	4	5

In the <u>last month</u> , what was your level of need for help with:		No need		Some need		
		Not applicable	Satisfied	Low need	Moderate need	High need
23.	Being given written information about the important aspects of your care	1	2	3	4	5
24.	Being given information (written, diagrams, drawings) about aspects of managing your illness and side-effects at home	1	2	3	4	5
25.	Being given explanations of those tests for which you would like explanations	1	2	3	4	5
26.	Being adequately informed about the benefits and side-effects of treatments before you choose to have them	1	2	3	4	5
27.	Being informed about your test results as soon as feasible	1	2	3	4	5
28.	Being informed about cancer which is under control or diminishing (that is, remission)	1	2	3	4	5
29.	Being informed about things you can do to help yourself to get well	1	2	3	4	5
30.	Having access to professional counselling (eg, psychologist, social worker, counsellor, nurse specialist) if you, family or friends need it	1	2	3	4	5
31.	Being given information about sexual relationships	1	2	3	4	5
32.	Being treated like a person not just another case	1	2	3	4	5
33.	Being treated in a hospital or clinic that is as physically pleasant as possible	1	2	3	4	5
34.	Having one member of hospital staff with whom you can talk to about all aspects of your condition, treatment and follow-up	1	2	3	4	5



SOAL SELIDIK

QUESTIONNAIRE

TAJUK KAJIAN

STUDY TITLE:

**Kajian kemandirian 10 tahun dan keperluan sokongan rawatan yang tidak dicapai
dalam kalangan pesakit kanser payudara di IPPT, USM, Pulau Pinang**

*10-years survivorship and the unmet supportive care needs among breast cancer patients in
IPPT, USM, Pulau Pinang*

Penyelidik:

Researchers:

Dr. Noorsuzana Binti Mohd Shariff

Dr. Rohayu Binti Hami

Dr. Muhamad Yusri bin Musa

TINJAUAN KEPERLUAN SOKONGAN RAWATAN VERSI RINGKAS 34 (SCNS- SF34)

THE SUPPORTIVE CARE NEEDS SURVEY SHORT FORM 34 (SCNS- SF34)

ARAHAN INSTRUCTIONS

Bagi membantu kami merangka perkhidmatan untuk mereka yang didiagnos kanser, kami berminat untuk menilai sama ada setiap keperluan-keperluan yang anda hadapi sebagai akibat daripada kanser telah tercapai. Untuk setiap item pada halaman-halaman seterusnya, anda diminta untuk nyatakan sama ada anda memerlukan bantuan berkaitan dengan isu ini dalam tempoh sebulan yang lalu akibat daripada kanser yang anda dihidapi. **Bulatkan pada nombor yang paling tepat menggambarkan sama ada anda memerlukan bantuan dalam sebulan yang lepas bagi setiap pernyataan. Terdapat lima pilihan jawapan:**

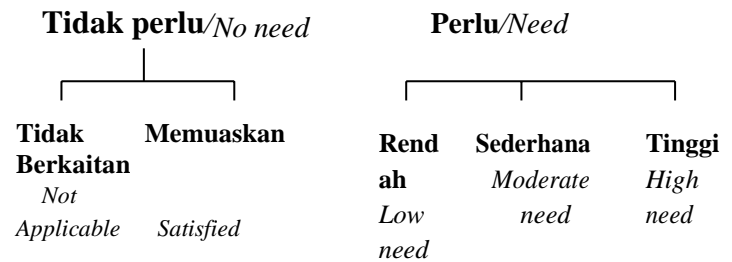
To help us plan better services for people diagnosed with cancer, we are interested in whether or not needs which you may have faced as a result of having cancer have been met. For every item on the following pages, indicate whether you have needed help with this issue within the last month as a result of having cancer. Put a circle around the number which best describes whether you have needed help with this in the last month. There are 5 possible answers to choose from:

TIDAK PERLU <i>NO NEED</i>	1	Tidak berkaitan – Hal ini tidak menjadi masalah bagi saya akibat daripada kanser yang dihidapi. <i>Not applicable</i> – This was not a problem for me as a result of having cancer.
	2	Memuaskan - Saya pernah perlukan bantuan berkaitan hal ini, tetapi keperluan ini telah dipenuhi pada ketika itu. <i>Satisfied</i> - I did need help with this, but my need for help was satisfied at the time.
PERLU <i>SOME NEED</i>	3	Keperluan rendah - Item ini telah menyebabkan ketidakselesaian kepada saya. Saya perlukan bantuan tambahan yang sedikit. <i>Low need</i> - This item caused me concern or discomfort. I had little need for additional help.
	4	Keperluan sederhana – Item ini telah menyebabkan ketidakselesaian kepada saya. Saya perlukan beberapa bantuan tambahan. <i>Moderate need</i> – This item caused me concern or discomfort. I had some need for additional help.
	5	Keperluan tinggi - Item ini telah menyebabkan ketidakselesaian kepada saya. Saya perlukan bantuan tambahan yang banyak. <i>High need</i> - This item caused me concern or discomfort. I had a strong need for additional help.

Sebagai contoh
For example

**Pada bulan lepas,
apakah tahap keperluan anda
berkaitan dengan:**

*In the last month,
what was your level of need for help with:*



1. **Diberikan tentang perkara yang anda boleh lakukan untuk membantu anda.**
Being informed about things you can do to help yourself to get well.

1	2	3	4	5
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Jika anda bulatkan seperti contoh di atas, ia bermaksud anda tidak menerima informasi yang mencukupi seperti mana yang anda inginkan berkenaan perkara yang boleh anda lakukan untuk membantu anda sembuh, dan sekali gus menggambarkan anda perlukan lebih maklumat

If you put the circle where we have, it means that you did not receive as much information as you wanted about things you could do to help yourself get well, and therefore needed some more information.

Sila lengkapkan tinjauan pada dua halaman yang berikutnya.
Now please complete the survey on the next 2 pages.

		No need /Tidak perlu			Some need/ perlu	
		Tidak berkaitan	Memuaskan	Rendah	Sederhana	Tinggi
		<i>Not applicable</i>	<i>Satisfied</i>	<i>Low need</i>	<i>Moderate need</i>	<i>High need</i>
<p>Pada <u>sebulan</u> yang lepas, apakah tahap keperluan anda berkaitan dengan:</p> <p><i>In the <u>last month</u>, what was your level of need for help with:</i></p>						
1.	Kesakitan <i>Pain</i>	1	2	3	4	5
2.	Kurang bertenaga/keletihan <i>Lack of energy / tiredness</i>	1	2	3	4	5
3.	Rasa tidak sihat sepanjang masa <i>Feeling unwell a lot of the time</i>	1	2	3	4	5
4.	Kerja di rumah <i>Work around the home</i>	1	2	3	4	5
5.	Tidak mampu melakukan perkara-perkara yang selalu dilakukan sebelum ini. <i>Not being able to do the things you used to do</i>	1	2	3	4	5
6.	Kegelisahan <i>Anxiety</i>	1	2	3	4	5
7.	Rasa murung atau tertekan <i>Feeling down or depressed</i>	1	2	3	4	5
8.	Rasa sedih <i>Feelings of sadness</i>	1	2	3	4	5
9.	Rasa takut kanser akan merebak <i>Fears about the cancer spreading</i>	1	2	3	4	5
10.	Risau kesan rawatan akan di luar daripada kawalan anda <i>Worry that the results of treatment are beyond your control.</i>	1	2	3	4	5
11.	Ketidakpastian akan masa hadapan <i>Uncertainty about the future</i>	1	2	3	4	5
12.	Belajar untuk mengawal situasi yang anda alami <i>Learning to feel in control of your Situation</i>	1	2	3	4	5

13.	Kekal berpandangan positif <i>Keeping a positive outlook</i>	1	2	3	4	5
14.	Perasaan berkenaan kematian dan hampir mati <i>Feelings about death and dying</i>	1	2	3	4	5
15.	Perubahan pada keperluan seksual <i>Changes in sexual feelings</i>	1	2	3	4	5
16.	Perubahan pada hubungan seksual <i>Changes in your sexual relationships</i>	1	2	3	4	5
17.	Ambil berat tentang perasaan risau orang-orang yang dengan anda <i>Concerns about the worries of those close to you</i>	1	2	3	4	5
18.	Lebih pilihan tentang pakar kanser yang boleh anda jumpa <i>More choice about which cancer specialists you see</i>	1	2	3	4	5
19.	Lebih pilihan tentang hospital yang boleh anda hadiri <i>More choice about which hospital you attend</i>	1	2	3	4	5
20.	Ditenteramkan oleh staf perubatan bahawa apa yang anda rasakan adalah normal <i>Reassurance by medical staff that the way you feel is normal</i>	1	2	3	4	5

<p>Pada <u>sebulan</u> yang lepas, apakah tahap keperluan anda berkaitan dengan:</p> <p><i>In the last month,</i> <i>what was your level of need for help with:</i></p>		<p>Tidak perlu/ <i>No need</i></p>		<p>Perlu/ <i>Some need</i></p>		
		<p>Tidak berkaitan <i>Not Applicable</i></p>		Memuaskan <i>Satisfied</i>	Rendah <i>Low need</i>	Tinggi <i>High need</i>
					Sederhana <i>Moderate need</i>	
		1	2	3	4	5
21.	Staf hospital memberi layanan segera pada keperluan fizikal anda. <i>Hospital staff attending promptly to your physical needs.</i>	1	2	3	4	5
22.	Staf hospital menghargai dan menunjukkan sensitiviti kepada perasaan dan keperluan emosi anda. <i>Hospital staff acknowledging, and showing sensitivity to, your feelings and emotional needs.</i>	1	2	3	4	5
23.	Telah diberikan informasi bertulis tentang aspek penting berkaitan rawatan anda. <i>Being given written information about the important aspects of your care.</i>	1	2	3	4	5
24.	Telah diberikan informasi (bertulis,carta, lukisan) tentang aspek pengurusan penyakit anda dan kesan sampingannya di rumah. <i>Being given information (written, diagrams, drawings) about aspects of managing your illness and side-effects at home.</i>	1	2	3	4	5
25.	Telah diberi penerangan mengenai ujian-ujian yang anda inginkan penerangan. <i>Being given explanations which you would like explanations.</i>	1	2	3	4	5
26.	Telah dimaklumkan secukupnya tentang faedah dan kesan sampingan rawatan sebelum anda memilih untuk memulakan rawatan. <i>Being adequately informed about the benefits and side-effects of treatments before you choose to have them.</i>	1	2	3	4	5
27.	Telah dimaklumkan tentang keputusan ujian anda sesegera yang boleh <i>Being informed about your test results as soon as feasible.</i>	1	2	3	4	5

<p>28. Telah dimaklumkan tentang kanser boleh dikawal atau semakin berkurang (iaitu keredaan)</p> <p><i>Being informed about cancer which is under control or diminishing (that is, remission)</i></p>	1	2	3	4	5
<p>29. Diberitahu tentang perkara yang anda boleh lakukan untuk membantu anda sembuh.</p> <p><i>Being informed about things you can do to help yourself to get well.</i></p>	1	2	3	4	5
<p>30. Mempunyai akses kepada kaunseling profesional (contohnya pakar psikologi, pekerja sosial, kaunselor, pakar jururawat) jika anda, keluarga atau rakan memerlukan.</p> <p><i>Having access to professional counselling (eg. psychologist, social worker, counselor, nurse specialist) if you, family or friends need it.</i></p>	1	2	3	4	5
<p>31. Telah diberi penerangan mengenai hubungan seksual.</p> <p><i>Being given information about sexual relationships.</i></p>	1	2	3	4	5
<p>32. Dilayan sebagai seorang manusia bukan hanya sebuah kes.</p> <p><i>Being treated like a person not just another case.</i></p>	1	2	3	4	5
<p>33. Telah dirawat di hospital atau klinik yang secara fizikalnya seselesa yang boleh.</p> <p><i>Being treated in a hospital or clinic that is as physically pleasant as possible.</i></p>	1	2	3	4	5
<p>34. Ada seseorang daripada staf hospital yang anda boleh berkongsi cerita tentang setiap aspek keadaan diri anda, rawatan dan rawatan susulan.</p> <p><i>Having one member of hospital staff with whom you can talk to about all aspects of your condition, treatment and follow-up.</i></p>	1	2	3	4	5