

Supplementary document No.4

Self-care practices after chemotherapy include 13 self-care activities aimed at managing the current health condition and addressing side effects arising from chemotherapy

Table 3. Self-care practices after chemotherapy (n=200)

| Content | Practice | |
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| | Yes n(%) | No n(%) |
| 1/Self-care practices for personal hygiene and infection prevention | | |
| Personal hygiene using cleansing agents | 88 (44.0) | 112(56.0) |
| Maintaining skin integrity to prevent wounds | 67 (33.5) | 133 (66.5) |
| Wearing loose, breathable cotton clothing | 79 (39.5) | 121 (60.5) |
| Regular use of a soft toothbrush | 57 (28.5) | 143 (71.5) |
| Avoiding contact with infected individuals | 87 (43.5) | 113 (56.5) |
| Washing hands before and after meals | 116 (58.0) | 84 (42.0) |
| Avoiding crowded places | 87 (43.5) | 113 (56.5) |
| Good Self-Care (5-7 points) | 74 (37.0) | 126 (63.0) |
| 2/Self-care practices for managing shortness of breath | | |
| Opening windows | 57 (28.5) | 143 (71.5) |
| Semi-sitting position | 77 (38.5) | 123 (61.5) |
| Practicing breathing exercises | 100 (50.0) | 100 (50.0) |
| Drinking warm water | 80 (40.0) | 120 (60.0) |
| Avoiding triggers of shortness of breath | 60 (30.0) | 130 (70.0) |
| Notifying the doctor for medication prescription | 81 (40.5) | 119 (59.5) |
| Good Self-Care (4-6 points) | 79 (39.5) | 121 (60.5) |
| 3/ Self-care practices for managing constipation | | |
| Increasing fluid intake | 108 (54.0) | 92 (46.0) |

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| Adding fiber to the diet | 65 (32.5) | 135 (67.5) |
| Taking short walks | 75 (37.5) | 125 (62.5) |
| Using medications such as laxatives | 105 (52.5) | 95 (47.5) |
| Good Self-Care (3-4 points) | 79 (39.5) | 121(60.5) |
| 4/ Self-care practices for managing diarrhea | | |
| Consuming potassium- and sodium-rich foods | 104 (52.0) | 96 (48.0) |
| Avoiding fried or high-fat foods | 65 (32.5) | 135 (67.5) |
| Avoiding a high-fiber diet | 47 (23.5) | 153 (76.5) |
| Avoiding cold foods and beverages | 126 (63.0) | 74 (37.0) |
| Taking medications as prescribed by the doctor | 90 (45.0) | 110 (55.0) |
| Good Self-Care (3-5 points) | 72 (36.0) | 128 (64.0) |
| 5/ Self-care practices for managing nausea and vomiting | | |
| Drinking water before and after meals, but not during meals | 82 (41.0) | 118 (59.0) |
| Eating and drinking very slowly | 79 (39.5) | 121 (60.5) |
| Keeping meals simple and dividing them into 4–6 small portions per day | 76 (38.0) | 124 (62.0) |
| Drinking cold, unsweetened fruit juice | 24 (12.0) | 176 (88.0) |
| Avoiding foods with unpleasant odors | 90 (45.0) | 110 (55.0) |
| Avoiding eating within 3 hours before chemotherapy | 24 (12.0) | 176 (88.0) |
| Sucking on ice chips when feeling nauseous | 45 (22.5) | 155 (77.5) |
| Avoiding fried and greasy foods | 76 (38.0) | 124 (62.0) |
| Consulting a doctor for a prescribed treatment | 73 (36.5) | 127 (63.5) |
| Good Self-Care (6-9 points) | 67 (33.5) | 133 (66.5) |
| 6/ Self-care practices for managing fever | | |

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| Drinking plenty of water | 127 (63.5) | 73 (36.5) |
| Removing excess clothing and blankets | 49 (24.5) | 151 (77.5) |
| Avoiding cold exposure | 106 (53.0) | 94 (47.0) |
| Measuring body temperature | 96 (48.0) | 104 (52.0) |
| Taking antipyretic medication | 154 (77.0) | 46 (23.0) |
| Good Self-Care (3-5 points) | 109 (54.5) | 91 (45.5) |
| 7/ Self-care practices for managing loss of appetite | | |
| Eating light foods such as sandwiches | 137 (68.5) | 63 (31.5) |
| Carefully selecting vitamin- and calorie-rich foods and beverages, such as lentil soup, peas, etc. | 109 (54.5) | 91 (45.5) |
| Avoiding sweets or fruit juices before meals | 81 (40.5) | 119 (59.5) |
| Engaging in simple activities, such as taking a short walk before eating | 47 (23.5) | 153 (76.5) |
| Good Self-Care (3-4 points) | 73 (36.5) | 127 (63.5) |
| 8/ Self-care practices for managing mouth and throat ulcers | | |
| Eating cold foods instead of hot foods to reduce irritation | 73 (36.5) | 127 (63.5) |
| Consuming soft foods such as potatoes, bananas, and soft bread | 122 (61.0) | 78 (39.0) |
| Avoiding irritating foods and spicy dishes | 45 (22.5) | 155 (77.5) |
| Rinsing the mouth regularly with warm water or saline solution 3–4 times per day | 100 (50.0) | 100 (50.0) |
| Using a soft toothbrush | 41 (20.5) | 159 (79.5) |
| Consulting a doctor for a prescribed treatment | 81 (40.5) | 119 (59.5) |
| Good Self-Care (4-6 points) | 69 (34.5) | 131 (65.5) |
| 9/ Self-care practices for managing bleeding | | |

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| Using a soft toothbrush | 126 (63.0) | 74 (37.0) |
| Avoiding hard foods | 120 (60.0) | 80 (40.0) |
| Avoiding intramuscular injections | 14 (7.0) | 186 (93.0) |
| Avoiding oral medications containing aspirin | 48 (24.0) | 152 (76.0) |
| Avoiding topical aspirin-based treatments to prevent lip cracking | 72 (36.0) | 128 (64.0) |
| Good Self-Care (3-5 points) | 82 (41.0) | 118 (59.0) |
| 10/ Self-care practices for managing fatigue or exhaustion | | |
| Resting when feeling fatigued | 84 (42.0) | 116 (58.0) |
| Sitting while performing most tasks whenever possible | 35 (17.5) | 165 (82.5) |
| Talking with others to cope with fatigue | 15 (7.5) | 185 (92.5) |
| Exercising | 51 (25.5) | 149 (74.5) |
| Listening to soft music | 54 (27.0) | 146 (73.0) |
| Taking pain relievers | 71 (35.5) | 129 (64.5) |
| Good Self-Care (4-6 points) | 45 (22.5) | 155 (77.5) |
| 11/Self-care practices for managing hair loss and dry skin | | |
| Avoiding sun exposure and using sunscreen | 68 (34.0) | 132 (66.0) |
| Using a wide-tooth comb | 87 (43.5) | 113 (56.5) |
| Avoiding the use of hair dryers | 40 (20.0) | 160 (80.0) |
| Applying moisturizer and using mild shampoo | 71 (35.5) | 129 (64.5) |
| Cleansing the skin, patting it dry with a clean towel, and applying oil to keep it moisturized | 50 (25.0) | 150 (75.0) |
| Avoiding alcohol-based perfumes and antiperspirants | 42 (21.0) | 158 (79.0) |
| Good Self-Care (4-6 points) | 51 (25.5) | 149 (74.5) |

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| 12/ Self-care practices for managing sleep disturbances, insomnia | | |
| Going to bed at the same time every night | 73 (36.5) | 127 (63.5) |
| Waking up at a consistent time each morning | 84 (48.0) | 116 (58.0) |
| Taking a warm bath, practicing relaxation techniques, or going for a walk before bedtime | 56 (28.0) | 144 (72.0) |
| Avoiding tea or coffee in the evening | 84 (48.0) | 116 (58.0) |
| Avoiding late-night meals | 42 (21.0) | 158 (79.0) |
| Not staying in bed while awake and engaging in a relaxing activity instead | 45 (22.5) | 155 (77.5) |
| Good Self-Care (4-6 points) | 61 (30.5) | 139 (69.5) |
| 13/ Self-care practices for managing chemotherapy extravasation | | |
| Observing for signs of extravasation | 80 (40.0) | 120 (60.0) |
| Clamping the IV line | 74 (37.0) | 126 (63.0) |
| Elevating the affected area | 52 (26.0) | 148 (74.0) |
| Applying cold or warm compresses as instructed by the doctor | 30 (15.0) | 170 (85.0) |
| Good Self-Care (3-4 points) | 66 (33.0) | 134 (67.0) |
