

## **Use of the Health Belief Model in the prevention of lymphedema after breast surgery**

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### **ABSTRACT**

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Lymphedema prevention, which is one of the most common complications after breast cancer treatment, is very important. In Turkey, after breast surgery the levels of maintaining the behaviours of protecting individuals from lymphedema are very low. For this reason, it is necessary to determine the perceptions of the individuals to develop preventive behaviours and the factors affecting these perceptions. Health belief model can be used as a guide in applied nursing interventions aimed at providing protection behaviours of lymphedema in post-surgical individuals.

By means of nursing initiatives which will be applied based on the model; it may be provided for individuals to develop perception of susceptibility and severity towards lymphedema, to increase perceived benefits, to reduce barriers, to improve perception of self-efficacy, and to gain behaviour by using cues to action. This study aims to clarify the use of health belief model based interventions to preventive of lymphedema after breast cancer surgery.

**Keywords:** Lymphedema, breast cancer, Health Belief Model, nursing

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