

# coping behavior toward daily life adjustment

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**Background:** Laryngectomy show marked changes in physical functions such as aphonia and permanent tracheostomy and needs to adapt to a new lifestyle different from their preoperative lifestyle.

**Objective:** The purpose of this study is to clarify the coping behavior toward daily life adjustment of patients who underwent laryngectomy by reviewing the literature.

**Methods:** The online version of the Japan Medical Abstract Society (JAMAS) database Ichushi-Web and PubMed were used as the bibliographic database. For the selection of target literature, references that met all of the following criteria, "Laryngectomy," "Original paper," "Nursing literature," and "Paper published between 2011 and 2021" were analyzed. Prepare a matrix sheet summarizing authors, year of publication, subjects, purpose of the study, and results. We carefully read the sections in the literature that describe the coping behaviors of laryngectomy patients toward adjusting to daily life, and then we selected the results from the viewpoint of "what kind of coping behaviors do laryngectomy patients adopt toward adjusting to daily life" and briefly expressed them as a code.

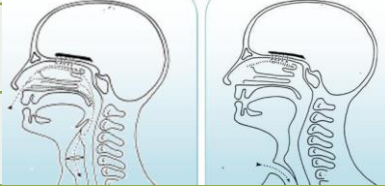

**Results:** There are 14 articles, all with a qualitative descriptive study design. Coping behaviors for adjusting to daily life in patients who underwent laryngectomy are as follows: **[Make every effort to be able to communicate with the other person] [Consider in advance what you will do when it is challenging to deal with the situation on your own] [Keep your distance and live your life while avoiding active interaction] [Consider changing your way of thinking and learning from your illness experience][Aiming for further self-growth][Living to regain life before hospitalization][ Get advice from family members and people with the same disease, and live while devising].**



Table 1. Overview of the Literature to be Analyzed

● Number of documents analyzed	14 documents (8 Japanese, 6 English)
● Publication year	2 documents (2020) , 3 documents (2018) , 1 document (2017) , 2 documents (2016) , 1 document (2015) , 1 document (2012) , 1 document (2011)
● Research Design	All qualitative descriptive study designs
● Disease leading to laryngectomy	laryngeal, pharyngeal, and laryngeal invasion of esophageal cancre

Table 2. Coping behavior toward daily life adjustment of patients who underwent laryngectomy

Main concept	
● Make every effort to be able to communicate with the other person	
● Consider in advance what you will do when it is challenging to deal with the situation on your own	
● Keep your distance and live your life while avoiding active interaction	
● Consider changing your way of thinking and learning from your illness experience	
● Aiming for further self-growth	
● Living to regain life before hospitalization	
● Get advice from family members and people with the same disease, and live while devising	

**Limitations of the study and future challenges:** This study's limitations are that the literature covered 14 references and that all the articles were qualitative studies. In the future, we would like to conduct a more detailed literature review, including quantitative analyses, to clarify the coping behaviors of laryngectomy patients to help them adjust to daily life and discuss nursing support.

**Conclusion:** There is a need for a relationship that encourages the patient's willingness to act as nursing support for the daily life adjustment of the patient who has undergone a laryngectomy.