Application of mental training in a patient with breast cancer subjected to radiation therapy.

Case study.

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Purpose: Assessment of changes in selected cognitive functions in a breast cancer patient subjected to 3-week radiotherapy while using mental training.

Experimental Design: The study was carried out in Lower Silesian Oncology Center in Wroclaw. Throughout the duration conformal radiotherapy with 16 fractions, the patient performed calculations, verbal and motor exercises that supported cognitive function at the initial level. Before radiotherapy and after its completion, the subjects underwent cognitive function tests: memory span (CORSI test from the Vienna Test Battery), observations and executive functions, and in particular intentional material search, maintenance and distraction, sequential processing of information and monitoring of behavior (CTT - Color Trials Test for adults) as well as verbal fluency (Verbal Fluency Tests).

Results: There was not observed any decline in the cognitional level of functioning during patients three-week radiotherapy. Nonetheless, including, indicated in the literature, possible far after effects of radiotherapy, the research will have been repeated by three and six month from the end of the therapy.

Conclusion: Efficiency assessment of the therapy will be possible after the end of the whole treatment session.

References: