

6 Nursing Outcomes and Current Issues

6.1 Impact on emotional improvement and quality of life

The nursing approach that combines humanistic care and psychological support can provide significant assistance to chemotherapy patients. Firstly, it can alleviate negative emotions such as anxiety and depression, making patients feel less stressed during the treatment period. For example, a study using the PERMA model for intervention found that patients' anxiety, depression, and fatigue caused by cancer were all reduced, their satisfaction increased, and similar situations occurred in breast cancer patients and other tumor patients (Hu et al., 2025; Wang et al., 2025). Additionally, regular follow-ups, frequent communication with patients, and continuous companionship are also important parts of psychological care. These practices can gradually improve patients' emotions and make them more satisfied. Similar results were also observed in patients with advanced lung cancer and cervical cancer (Lu and Yu, 2024).

Apart from improving mood, systematic psychological care also has many other benefits. The sleep quality of patients usually improves, the feeling of physical discomfort decreases, and people become more confident. These changes, in turn, can help patients stabilize their mood. For example, the MPNFS model combines psychological support, health knowledge explanation, and family participation, which not only reduces anxiety and depression but also improves physical and mental functions, alleviates pain, makes sleep more stable, and reduces fatigue (Zhu and Liu, 2025). For patients with colorectal cancer, combining psychological care with nutritional support can also enhance psychological adaptability and improve quality of life (Wu and Meng, 2025). These results all indicate that humanistic psychological care has positive effects on both the physical and mental aspects of patients.

6.2 Impact on treatment compliance and treatment outcomes

With the help of humanistic psychological care, patients are more willing to cooperate with the treatment, which is particularly crucial for the effectiveness of chemotherapy. For instance, a study on cervical cancer patients found that after receiving online psychological care, the patients' self-management ability improved and they were more willing to continue the treatment. Symptoms such as anxiety, depression, and fatigue were also significantly reduced (Nie, 2024). For rectal cancer patients, comprehensive psychological care not only makes patients more willing to adhere to the treatment but also gives them more hope. Immune indicators such as the CD4+/CD8+ ratio also improved. These changes are beneficial for subsequent recovery. This indicates that psychological care can enhance patients' sense of security and confidence, and reduce the situation where they give up treatment halfway.

When psychological intervention is incorporated into the routine nursing process, patients' physical conditions are usually improved. For example, lung cancer patients using the MPNFS model for care have improved in terms of nutritional status, lung function, and quality of life. Side effects such as nausea, vomiting, bone marrow suppression, and fatigue have also been relatively reduced. The overall effect is better than that of conventional care (Zhu and Liu, 2025). For colorectal cancer patients, combining psychological care with enteral nutrition can also reduce complications and improve nutritional status (Wu and Meng, 2025). Although there are few studies on long-term survival results, from the perspective of improving treatment compliance, reducing side effects, and improving physical functions, humanistic psychological care has positive significance throughout the treatment process.

6.3 Limitations and shortcomings of this study

Although most current studies have yielded relatively positive results, there are still many problems in the practical application of humanistic psychological care. On one hand, many studies are single-center studies or retrospective studies, with relatively small sample sizes, which will affect the persuasiveness of the research results and make it difficult to clearly identify the independent effect of psychological care itself (Nie, 2024; Wu and Meng, 2025). On the other hand, most studies have a relatively short follow-up period, usually only a few weeks to several months. Therefore, it is difficult to determine how long these improvements will last and it is also difficult to clearly determine whether they have a long-term impact on the recurrence rate, survival period, or