

ISFP2015 (中国)

Nursing psychological intervention for oocyte cryopreservation patients to consider their background: case report of three different kinds of patient interviewed by a nurse

Ono M., Sakamoto S., Kuchiki M., Sato Y., Hattori H., Nakajo Y., Aono T., Tanaka A., Hashimoto T., Doshida M., Toya M., Takeuchi T., and Kyono K.

Kyono ART Clinic (Aobaku, Sendai City, Japan)

Kyono ART Clinic (Minatoku, Tokyo, Japan)

*Objective:*

There are currently no gamete cryopreservation (GC) laws in Japan, so our practice is based on the guidelines issued by the Japanese Society of Obstetrics and Gynecology (JSOG) and Japanese Society of Reproductive Medicine (JSRM). In 2013, two conditions were added; one is the medical reason of cancer treatment, and the other is fertility preservation for healthy women. However, patients undergoing GC have various reasons, which can be determined by providing psychological intervention.

*Materials and Methods:*

Three patients undergoing oocyte cryopreservation (OC) from Jan 2014 to Jun 2015 and interviewed by a nurse were selected. Demographic background, reason for choosing OC, and outcomes were determined.

*Results:*

The patients were in their thirties. 1. A female with sexual aversion disorder and no sexual experience. 2. A woman whose ex-husband and her new partner refused to have a child with her. 3. A patient undergoing breast cancer surgery who cannot decide whether to choose embryo cryopreservation or OC.

*Conclusion:*

A sufficient psychological support system for OC patients has not been established. Patients recognize a risk of decreased fertility. Since they may feel a sense of urgency and distress, it is very important to understand their psychosocial background and sexual matters, assess their problems, and help them in the decision-making process. Nursing intervention can be provided not only for oocyte preservation information, but also to support women with their self-image until pregnancy. It is obvious that women instinctively want children, so we must

take responsibility to fully understand their situation.