

## Research of nail care during cancer chemotherapy

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We conducted 1) a prospective observational study of finger nail findings, skin around nails and quality of life in breast cancer patients undergoing pre- and postoperative adjuvant chemotherapy, and 2) an online nail care intervention study to evaluate the impact of the study.

A prospective observational study showed that peri- and peri-nail skin symptoms appeared before the start of cancer drug therapy, increased during treatment, and gradually improved after treatment, and that the course of nail symptoms differed according to regimen schedule. The present data could not fully explain the relationship between nail symptoms and quality of life, so further accumulation and validation of data is necessary.

In the online nail care intervention study, there was not an increase the Quality of Life score at each time point after the intervention compared to the pre-intervention time point, and the study participants' impressions indicated that they enjoyed performing nail care, felt more positive about treatment, gained self-care, and gained more consideration for their surroundings. The results of the study showed that the Future studies of the effects of this study in patients of different ages and undergoing different treatment regimens will help to support cancer patients in clinical practice.