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Quality of life among patients receiving chemotherapy in selected hospitals of Pune city

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Abstract

A study to assess the quality of life among patients receiving chemotherapy in selected hospitals of Pune city. The objectives of the study were to assess the Quality of life of patients undergoing chemotherapy and to associate the findings with the demographic variables. A non-experimental descriptive study enrolling 150 patients was conducted during July 2018. Non probability purposive sampling technique was adopted. Analysis was done using frequency and percentage distribution and chi square test. FACT-G Version 4 was used to assess the quality of life of Cancer patients.

Finding: In the present study, from the data analysed, it is evident that demographic variable are significantly associated with research domain as Physical Wellbeing, social Wellbeing Emotional Wellbeing and in Functional Wellbeing. Description of the cancer patients according to their Clinical characteristics shows that 41.3% of the patients were having weight between 51-60 kg. Most (16%) of them were suffering from breast cancer and received 3 to 4 cycles of chemotherapy. Half (57.3%) of them were on Paclitaxel and 50% of them were on normal diet. It deals with the assessment of quality of life of cancer patients undergoing chemotherapy shows 71.3% of the cancer patients were having moderate impairment in Physical Wellbeing, social wellbeing domain shows that majority (68.7%) of the cancer patients were having severe impairment, majority 76% of the cancer patients were having moderate impairment in Emotional Wellbeing and in Functional Wellbeing 78.7% of the cancer patients were having mild impairment.

Conclusion: The study found that patients total quality of life of cancer patients shows that majority 87.3% of the cancer patients were having moderate impairment and well as 10.7% Severe impairment and 2.0% mild impairment.

Keywords: Quality of life, chemotherapy, cancer, physical wellbeing, social wellbeing, emotional well being

Introduction

Cancer is a disease in which there is growth of abnormal cell and destruction of body tissues. The abnormal cells and destroys body tissues. The abnormal cells define as malignant cells. If cancer is left untreated, the cells grow throughout the body making the person ill. Globally one in six deaths has contributed by cancer. Almost every family is being affected by cancer.

WHO emphasizes on world cancer day that death due to cancer can be reduced as the strategies for improvement of survival and quality of life cancer patient has been greatly increased. Cancer is the cause of death world- wide. It accounted for 8.2 million death (around 22% of all death not related to communicable diseases most recent data from WHO) ^[1] Worldwide cancer death are projected to continue increase with an estimated 13.1millions death in 2030 (about 70%) increases.

In India, Cancer is a major cause of mortality and morbidity. Cancer are preventing by controlling the modified risk factor such as tobacco, alcohols uses, unhealthy diet and physical in activity among others. In addition a significant of cancer can be cured by surgery, Chemotherapy radiotherapy. If they are detected early (world cancer day 2016) ^[2].

A survey was conducted Karnataka (2017) to assess the wellbeing among Cancer patients. Convenient sampling technique used to employ 768 cancer patients. Data collection done by interview technique. The results shows that majority 40.1% have neck and head cancer and 57.7% have stage III cancer. Wellbeing of patients influenced symptoms of disease and 82.3% have low Quality of lifecores ^[3].

A Study conducted in Pakistan (April 2017) to assess quality of life in cancer patient consecutive sampling strategy technique was used 150 adult cancer participated in the study.

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Data collection was done by wellbeing questionnaire. A study results reveals that domains of physical and emotional well beings were mainly affected by the chemotherapy treatment. It suggests that there is low wellbeing in adult cancer patients undergoing chemotherapy [4].

Need for the study

Patient receiving chemotherapy should assess standard of life to determine the prognosis as well as response to treatment by the patients. Patient who is suffering from cancer changes their way of living, physically and emotionally that is caused by pain, loss of self-esteem and discomfort.

Having personal experience as a health care professional working in hospital setting, cancer comprise the maximum admitted cases in both males and females. As a researcher I felt the need to do the study because I came across many patients with cancer many patients with cancer Receiving chemotherapy having many patients have many side effects of chemotherapy many patients discontinue the treatment because of adverse effect like severe nausea, vomiting, weakness hair loss & disturbed body image.

Ali Dehkordi, Metal (2009) research study on quality of life in patients with Cancer. There is a significance difference between the level of quality in clients with 2 cycles of chemotherapy and 3-5cycles ($p < 0.001$). The study shows that there is a relation between quality of life and patient receiving chemotherapy is a important role in prognosis [5].

A cross sectional descriptive study was done on brazil (2012) to educate standard of life in the patients who are undergo in cancer treatment .80 patient participated in study whose confirmation was there to undergo chemotherapy. The results show that scores of comparison between domains have significance difference. Self-assessment health is reliable predictor of QOL in patients [6].

Objectives

1. To assess the quality of life of cancer patients undergoing chemotherapy.
2. To associate the findings with selected demographic and variables.

Materials and Methods

Study design: Non-experimental research design

Study area: Selected hospitals of Pune city

Time frame: 6 months

Sample selection: Non probability purposive sampling technique

Population: Patients receiving chemotherapy

Inclusion criteria

- Patients who are receiving chemotherapy.
- Willing participant.

Exclusion criteria

- Who are suffering from another disease condition.
- Patients who are receiving both chemotherapy and radiation.

Description of Data collection tool

The study instruments organized in following segment

Section: I Part- A: Demographic data

Part- B: Clinical Data

Section: II Functional assessment of cancer therapy –general (4 version)

Section-III

Findings related to association of Quality of life with selected demographic.

Questionnaire

Section-II -Quality of life Questionnaire which contained 28 items of Likert- scale type to identify Quality of life of patient receiving chemotherapy.

The subject responds to not at all -0, A little bit -1, somewhat-2, Quite a bit-3, and Very much -4 according to factors of QOL.

Methods of data collection

- Researcher has obtained approval from appropriate review boards to conduct the study.
- A formal permission was taken from Hospital Authority to conduct Study
- Researcher dully explains the purpose of the study.
- Only the samples that consented form are included in this study.
- Confidentiality of data is maintained strictly

Result and Discussion

Section I a

Description of cancer patients according to their demographic characteristics.

Table 1: Frequency and percentages description of Cancer Patients on their demographic characteristics, n=150

S. No	Demographic Variables	Frequency (F)	Percentage (%)
1.	Age		
	18-30	19	12.7
	31-43	35	23.3
	44-56	58	38.7
	57-69	32	21.3
	70-82	6	4.0
2.	Gender		
	Male	66	44.0
	Female	84	56.0
3.	Religion		
	Hindu	91	60.7
	Muslim	41	27.3
	Christian	16	10.7
	Any Other	2	1.3
4.	Marital Status		

	Married.	95	63.3
	Unmarried.	31	20.7
	Widow.	18	12.0
	Divorced	6	4.0
5.	Education		
	Primary Education	52	34.7
	Secondary Education	57	38.0
	Higher Secondary	26	17.3
	No Formal Education	15	10.0
6.	Occupation		
	Housewife	63	42.0
	Employed	45	30.0
	Left Job After Diagnosis	20	13.3
	Unemployed	22	14.7
7.	Monthly Income		
	<Rs.5000/	22	14.7
	Rs. 5000 - Rs.10000	57	38.0
	Rs. 10001 - Rs.15000	51	34.0
	>Rs.15000	20	13.3

Section-I b

Description of cancer patients according to their Clinical characteristics.

Table 2: Description of Cancer Patients Clinical characteristics in terms of frequency and percentages, n=150

S. No	Demographic Variables	Frequency (F)	Percentage (%)
1.	Weight (in Kg)		
	40 – 50	51	34
	51 – 60	62	41.3
	61 – 70	27	18
	71 kg & above	10	6.7
2.	Height (in cms)		
	142 – 150	19	12.7
	151 – 160	62	41.3
	161 – 170	42	28
	171 – 180	25	16.7
	181 cm & above	02	1.3
3.	Type of Cancer		
	Lung	14	9.3
	Breast	24	16
	Lymphoma	13	8.7
	Stomach	18	12
	Throat	10	6.7
	Cervix	05	3.3
	Penis	09	6
	Anal	01	0.66
	Buccal Mucosa	03	2
	Larynx	06	4
	Oropharynx	06	4
	Ovary	07	4.7
	Pancreas	02	1.3
	Rectal	30	20
	Tongue	02	1.3
4.	Number of chemotherapy cycles received		
	2	6	4.0
	3	47	31.3
	4	30	20.0
	5	25	16.7
	6	27	18.0
	7	7	4.7
	8	7	4.7
	9	1	0.7
5.	Type of chemotherapy		
	Cisplastin	20	13.3
	Crizotinib	11	7.3
	Docetaxel	22	14.7
	Filgrastin	3	2.0
	Paclitaxel	86	57.3

	Rituximab	8	5.3
6.	Type of Diet		
	Normal	75	50
	Soft	75	50

Section-B

Quality of life of cancer client undergoing chemotherapy treatment.

Table 3: Quality of Life of cancer patients, n=150

Social/Family Wellbeing	Freq (f)	Percentage (%)
Mild Impairment (82- 108)	3	2.0
Moderate Impairment (56-81)	131	87.3
Severe Impairment (0-55)	16	10.7

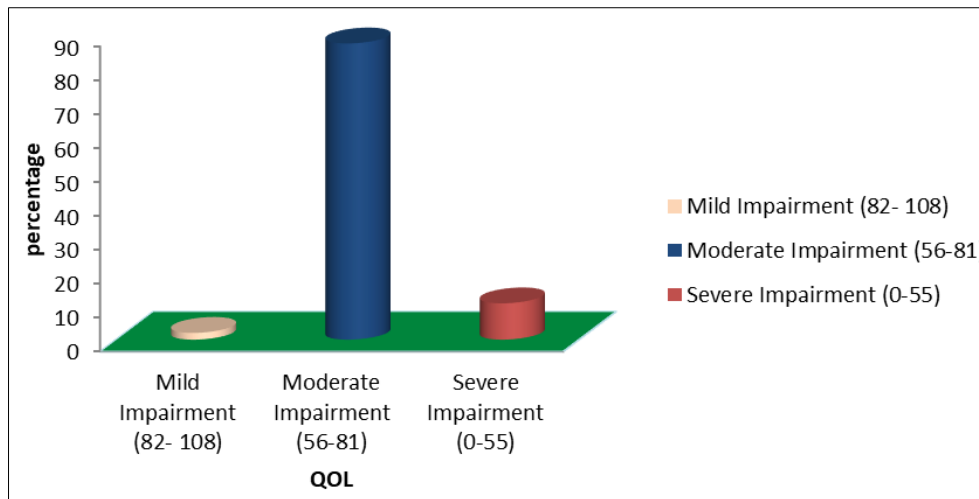


Fig 1: Total Quality of life among cancer patients, n=150

Section-III

Findings related to association of Quality of life with selected demographic variable. For ascertain the significance of association investigator has decided level of significance 0.05. Statistically significant as all the p value are > 0.05 except the educational status ($p < 0.001$)

Discussion

The study findings was discussed with the assumption and objectives stated.

This study undertaken to assess the Quality of Life receiving chemotherapy in cancer client.

In the present study, from the data analyzed, it is evident that demographic variable are significantly associated with research domain as Physical Wellbeing, social wellbeing Emotional Wellbeing and in Functional Wellbeing. Description of the cancer patients according to their Clinical characteristics shows that 41.3% of the patients were having weight between 51-60 kg. Nearly 28% of the patient’s heights were ranging between 161-170cms. Most (16%) of them were suffering from breast cancer and received 3 to 4 cycles of chemotherapy. Half (57.3%) of them were on Paclitaxeland50% of them were on normal diet. It deals with the assessment of quality of life of cancer patients undergoing chemotherapy shows 71.3% of the cancer patients were having moderate impairment in Physical Wellbeing, social well-being domain shows that majority (68.7%) of the cancer patients were having severe impairment, majority 76% of the cancer patients were having moderate impairment in Emotional Wellbeing and in Functional Wellbeing 78.7% of the cancer patients were having mild impairment.

Recommendations

1. This study shows that the study may be replicated using a large population of men and women having age related pain.
2. A study can be carried out to assess the wellbeing of other cancers.
3. Similar study can be done to assess knowledge regarding chemotherapy medicines.
4. A study Effect of nursing intervention on quality of life among cancer client.
5. Study to assessed nursing practices skills for caring of cancer patients,

Conclusions

The aims of the study is to assess the quality of life among the patients receiving chemotherapy Assessment of quality of life of cancer patients undergoing chemotherapy shows that Majority (71.3%) of the cancer patients were having moderate impairment in Physical Wellbeing, social well being domain shows that majority (68.7%) of the cancer patients were having severe impairment, majority 76% of the cancer patients were having moderate impairment in Emotional Wellbeing and in Functional Wellbeing 78.7% of the cancer patients were having mild impairment.

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