

National Consortium for Ph.D in Nursing

Name of the Student: PRATIBHA SWAMY
Guide Name: Dr. (Mrs.) K. REDDEMMA,
Mb No. : 9964144734
Batch : 2006
Speciality: Medical Surgical Nursing

Title: “EFFECT OF QUALITY OF LIFE (QOL) TEACHING PACKAGE ON QUALITY OF LIFE OF CANCER PATIENTS IN SELECTED HOSPITALS, BANGALORE”

Introduction:

Health is a state of complete physical, mental & social well being. Any deterioration in any one of these statuses interfere normal life functioning & affects Quality of Life (QOL). As a chronic illness, Cancer has bio-psychosocial consequences that can interfere with physical, psychological and social functioning. Patients encounter lot of side effects from chemo and radiotherapy. Nurses need to understand the impact of health status on Quality of life of Cancer patients in order to intervene in maintaining their QOL.

The present study determined to evaluate the effect of QOL teaching package on QOL of Cancer patients in selected Hospitals and its association with selected socio-demographic variables.

Objectives:

1. Develop QOL teaching package for cancer patients.
2. Evaluate the effectiveness of QOL teaching package on quality of life of cancer patients.
3. Find the association of QOL with selected socio-demographic variables.

Methods:

The subjects involved for the study was Oral, Breast, Stomach and Cervical Cancer patients, diagnosed with 2nd and 3rd stage of cancer who were on chemotherapy and/or radiotherapy only, using random allocation and sampling selection.

The tools used for the study were socio-demographic questionnaire to elicit socio-demographic characteristics and EORTC (European Organization for Research & Treatment of Cancer) questionnaires for assessing QOL. The Quality of Life (QOL) Teaching Package consisted of teaching guidelines through lecture cum discussion using booklets (general QOL for cancer patients and QOL for specific Cancer conditions) and flash cards.

Results:

The findings of the study were significant at $p < 0.05$ showing differences in the post test between the two groups indicating that intervention was effective. The overall Mean post test scores of global quality of life and functional status was significantly higher in the experimental group indicating a better quality of life. There was greater reduction of symptoms found in the experimental group than the control group. The teaching package was found quite effective in improving overall QOL of Cancer subjects. With regard to QOL in specific cancer types, intervention of teaching package was more effective in improving functional status of Breast cancer subjects followed by Stomach cancer subjects and more effective in reducing symptoms/problems of Oral cancer subjects followed by Stomach cancer subjects.

Pertaining to association between quality of life and selected socio-demographic variables, it was noted that the overall pre-test global quality of life, functional QOL, and symptom QOL do not differ significantly between stage 2 and stage 3, chemotherapy and chemo-radiotherapy Cancer treatment, age groups, participation and non-participation in health activities of both control and experimental groups. However, there was significant association found between quality of life and variables such as gender, religion, residence, sleep duration, educational status, and self care ability at $p < 0.05$ level.

Conclusion: Nurses as part of health care team can contribute effectively by preparing patients to lead a normal & healthy life by coping with complications or side effects of illness or treatment of cancer.