



## A DESCRIPTIVE STUDY TO ASSESS THE QUALITY OF LIFE AMONG THE PATIENTS WITH GYNECOLOGIC CANCER AFTER PELVIC IRRADIATION AT SELECTED HOSPITAL, ERODE.

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### ABSTRACT

The study has conducted to assess the quality of life among the patients with gynecological cancer after pelvic irradiation. Research design adopted for this study was non experimental descriptive design and the samples were selected by using non probability purposive sampling. Quality of life was measured in 2 weeks, 1, 2, 4 and 6 months after pelvic irradiation by QOL-CS questionnaire. The result of the study shows that most of them have moderate quality of life and none of them have good quality of life after pelvic irradiation to till 6 months. So it indicates that the oncology nurse who works at radiation unit should take up the responsibility to improve the quality of life among the patients with gynecological cancer after pelvic irradiation.

**Key words:** Gynecological cancer, quality of life, pelvic irradiation, oncology nurse.

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### INTRODUCTION

Every woman is at risk of developing gynecologic cancer. In 2018, it was estimated that 110,070 women would be diagnosed with a gynecological cancer and some 32,120 will die from the disease [1]. Gynecological cancer focuses on cancers of female reproductive system including ovarian, uterine, endometrial, cervical, vulval cancer. According to National institute of cancer prevention and research, cervical cancer is the second most common cancer in India among women accounting for 22.86% of all cancer cases in women and one woman dies of cervical cancer every 8 minutes in India [2].

These cancers can be treated with surgery, pelvic radiation therapy, chemotherapy or some combination of these three. Pelvic irradiation plays an important role in the treatment of women with gynecologic cancer [3-6]. With increasing number of long term gynecologic cancer survivors, the prevention and alleviation of late side effects after treatment have become a priority. Radiation therapy may induce pathophysiological changes in all normal tissues or organs with in the irradiated volume,

which in some cases will lead to symptoms negatively affecting daily activities and quality of life [7-9].

Oncology nurses working amidst the patient with gynecological cancer need to be knowledgeable regarding the physical and emotional side effects after pelvic irradiation that are likely to have an impact on their patients. Through teaching, advocacy and support, the oncology nurse can help the women to retain their sexuality and the highest quality of life at maximum.

### OBJECTIVES

- To assess the quality of life among the patients with gynecological cancer after pelvic irradiation at selected hospital, Erode.
- To find out the association between quality of life and demographic variables such as age, locality, education, occupation, relationship status, previous source of information, stage of cancer, co morbidity, No of children, No of pregnancy, No of abortion, attained Menopause and age at first intercourse among the patients with gynecological cancer at selected hospital, Erode.



### Operational Definition

► **Quality of Life:** Quality of life is an individual's perceptions of physical health, psychological well being, and level of independence, social concerns, and spiritual well being as reported by patients through QOL-CS questionnaire.

► **Gynecologic cancers:** In this study it refers to cancer of endometrium, and cervix.

► **Pelvic irradiation:** According to this study it refers to radiotherapy to pelvis especially in case of cancer endometrium and cervix.

### RESEARCH METHODOLOGY

The research design adopted for this study was non experimental descriptive design. The investigator selected 104 patients with gynecological cancer those who are undergoing pelvic irradiation at Erode Cancer Center, Erode by using non probability purposive sampling technique. Before starting the study, the investigator obtained formal permission letter to conduct the study from Head of the institution and Erode Cancer Centre. After obtaining informed consent, the data have been collected from the patients. Assurance was given to the subjects that anonymity of each individual and confidentiality of the information given by them would be maintained throughout the study. The quality of life among patients was measured by using standardized QOL-CS questionnaire at 1month, 2, 4, and 6 months after pelvic irradiation. Data collected were analyzed by descriptive statistics (frequency, percentage, mean and standard deviation) and inferential statistics (Repeated measure ANOVA, and chi square test). [10].

### RESULT

As per the study findings, in 2 weeks after pelvic irradiation 15.38% of the patients have poor level of QOL,

84.62% of them have moderate level of QOL, and none of them have good level of QOL. In 1 month after pelvic irradiation 14.42% of the patients have poor level of QOL, 85.58% of them have moderate level of QOL, and none of them have good level of QOL. In 2 months after pelvic irradiation 12.50% of the patients have poor level of QOL, 87.50% of them have moderate level of QOL, and none of them have good level of QOL.

In 4 months after pelvic irradiation, 11.54% of the patients have poor level of QOL, 88.46% of them have moderate level of QOL and none of them have good level of QOL. In 6 months after pelvic irradiation, 11.54% of the patients have poor level of QOL, 88.46% of them have moderate level of QOL, and none of them have good level of QOL. There is no difference in QOL based on domains (Physical, Psychological, Social and Spiritual) between 2weeks, 1, 2, 4 and 6 months after pelvic irradiation are not statistically significant. It was confirmed using repeated measures ANOVA F-test. There is no association between QOL score and demographic variables such as age, locality, education, occupation, relationship status, previous source of information, stage of cancer, co morbidity, No of children, No of pregnancy, No of abortion, attained Menopause and age at first intercourse. It was confirmed using one way analysis of variance F-test.

### DISCUSSION

The aim of the study is to assess the quality of life among patients with gynaecological cancer after pelvic irradiation. The result of the study shows that most of them have moderate level of quality of life and none of them have good quality of life after pelvic irradiation till 6 months. Also this study brought out that there is no significant difference in quality of life among the subjects in 2 weeks,1,2,4, and 6 months after pelvic irradiation.

**Table 1. Mean and percentage distribution of quality of life among patients with gynecological cancer after pelvic irradiation**

Assessment of quality life on	Mean	Percentage (%)
2nd week	226.27	55.19%
1st month	226.66	55.28%
2 <sup>nd</sup> month	227.87	55.58%
4 <sup>th</sup> month	229.43	55.96%
6 <sup>th</sup> month	231.31	56.42%

**Table 2. Comparison of quality of life among the patients with gynaecological cancer between 2 week, 1 month, 2 month, 4 month and 6 month after pelvic irradiation**

Domains of QOL	Quality of Life score										Mean Difference	Repeated Measures ANOVA F-test
	2nd week		1st month		2nd month		4th month		6th month			
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD		
Physical	47.90	2.81	47.96	2.80	48.07	2.53	48.36	2.62	48.59	2.75	0.69	F=1.18P=0.27 (NS)
Psychological	101.81	12.63	101.96	12.46	30.71	5.50	102.96	11.42	103.57	11.19	1.76	F=2.26 P=0.13 (NS)
Social	30.37	5.52	30.43	5.48	42.62	6.49	31.15	5.92	31.46	6.11	1.09	F=2.07 P=0.15 (NS)
Spiritual	46.19	6.54	46.31	6.32	46.62	6.49	46.96	6.81	47.69	7.13	1.5	F=1.49 P=0.22 (NS)
<b>Total</b>	226.27	24.62	226.66	24.26	52.07	2.53	229.43	22.39	231.31	22.66	5.04	F=2.55 P=0.11 (NS)



## CONCLUSION

Consequently, the nurses who works at radiation unit should pay special attention to determine the factors influencing quality of life among patients with gynaecological cancer after pelvic radiation and take efforts to upgrade quality of life at maximum.

## ACKNOWLEDGEMENT

Nil

## CONFLICT OF INTEREST

No interest

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