

# **EDUCATIONAL PROGRAM ON QUALITY OF LIFE FOR PATIENTS WITH CANCER UNDER ORAL CHEMOTHERAPY**

*Thesis*

*Submitted for Partial fulfillment of the Requirement of Doctor  
Degree in Nursing Science (Medical Surgical Nursing)*

*By*

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## List of Abbreviations

Abbreviation	Mean of abbreviation
<b>®</b>	Correlation Coefficient
<b>ACS</b>	American Cancer Society
<b>ADL</b>	Activitiy of Daily Living
<b>AICR</b>	Amercan Institute for Cancer Research
<b>ANC</b>	Absolute Nneutrophil Count
<b>ANOVA</b>	Analysis Of Variance
<b>AOSW</b>	Association of Oncology Social Work
<b>APN</b>	Advanced Practice Nurse
<b>ASHP</b>	American Society of Health System Pharmacists
<b>BRM</b>	Biologic Response Modifier
<b>BSA</b>	Body Surface Area
<b>CAPO</b>	Canadian Association of Pharmacy in Oncology
<b>CID</b>	Chemotherapy Induced Diarrhea.
<b>CNS</b>	Central Nervous System
<b>CRF</b>	Cancer-Related Fatigue
<b>DM</b>	Diabetes Mellitus
<b>DNA</b>	Deoxyribo Nucleic Acid
<b>FIM</b>	Functional Independence Measure
<b>FN</b>	Febrile Nneutropenia
<b>GIT</b>	Gastro-Intestinal Tract
<b>Hct</b>	Hematocrit
<b>HFS</b>	Hand-Foot Syndrome
<b>HgB</b>	Hemoglobin

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### List of Abbreviations (Cont...)

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<b>HRQOL</b>	Health Related Quality of Life
<b>HTN</b>	Hypertension
<b>IARC</b>	International Agency for Research on Cancer
<b>IV</b>	Intravenous
<b>MW</b>	Mann–Whitney
<b>NCCN</b>	National Comprehensive Cancer Network
<b>NCI</b>	National Cancer Institute
<b>NIH</b>	National Institute of Health
<b>NS</b>	Not Significant
<b>NSAIDs</b>	Non Steroidal Anti Inflammatory Drugs
<b>OAM</b>	Oral Anticancer Medications
<b>ONS</b>	Oncology Nursing Society
<b>PH</b>	Power of Hydrogen
<b>PN</b>	Peripheral Neuropathies
<b>PSYCH</b>	Psychological
<b>QOL</b>	Quality Of Life
<b>RBCS</b>	Red Blood Cells
<b>RBP</b>	Retino Blastoma Protein
<b>RNA</b>	Ribonucleic Acid
<b>S</b>	Significant
<b>SD</b>	Standard Deviation
<b>SES</b>	Socio Economic State
<b>SPSS</b>	Statistical Package for Social Science
<b>TRPs</b>	Treatment Related Problems



## List of Abbreviations (Cont...)

<b>WBCs</b>	White Blood Cells
<b>WHO</b>	World Health Organization

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# ABSTRACT

*Cancer is a chronic fatal disease that requires comprehensive therapy. Oral chemotherapy is a major treatment modality for cancer that can have a substantial impact on patients' physical function and quality of life. Oral chemotherapy act systemically as parental route that may result in several side effects, the collateral effects of theses adverse effects exert a negative influence on patients' quality of life. These patients needs range from information about oral chemotherapy safe handling and adherence to its physical, psychological, social, spiritual and religious problems management. **Aim:** The present study aimed to assess the effect of an educational program on quality of life for patients with cancer under oral chemotherapy through: 1) Assessing the patient needs.2) Planning and implementing patient educational program based on patient's needs assessment focusing on quality of life aspects.3) Evaluate the effect of the educational program on the patient quality of life dimensions. **Setting:** The study was conducted at Outpatient Clinic of Oncology and Nuclear Medicine Department at National Cancer Institute, Cairo University. **Subjects:** a purposeful sample of (150) adult cancer patients under oral chemotherapy divided into two equal groups (control and study) have been selected. **Tools:** four tools were used for data collection: 1) An interview questionnaire for patients with cancer under oral chemotherapy, 2) Quality of life scale (QOL), 3) Daily living activities scale, and 4) Morisky 8-Item Medication Adherence scale. **Results:** Overall, the present study noted that pre educational program: the majority of patients of both groups (control and study) had unsatisfactory level of knowledge about oral chemotherapy and its side effects management, were adherent to oral chemotherapy, had low quality of life and inadequate performance.post educational program: educational program implementation improved patients' knowledge, quality of life and skill performance of the study group. **Recommendation:** The study recommended that, a simple illustrated booklet including information about side effects and instructions should be available for patients with cancer under oral chemotherapy at the outpatient clinics as a reference, Continuous follow-up care for cancer patients under oral chemotherapy.*

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**Key words:** cancer, oral chemotherapy, educational program, quality of life.

## INTRODUCTION

Cancer is a chronic fatal disease which is an emerging major public health problem around the world as well as in Egypt. Cancer leaves no one; it can affect the rich and poor, young and old, men and women and children. Egypt has just built up the capacity to provide basic treatment therapies. Majority of research have a view to provide positive outcome in terms of the quantity of life but very few of them have studied their effects on the quality of life (QoL) of cancer patients undergoing those therapies (**Johnson et al., 2016**).

The therapeutic modalities for cancer are loco regional therapy (surgery and radiotherapy), systemic therapy (chemotherapy, hormone therapy and immunotherapy) and/or rehabilitation (physical and psychological). The purpose of therapy is to decrease the possibility of local and distant recurrence by acting on neoplastic circulating cells as well as micro-metastases and metastases that have been detected in order to increase the cure and survival rates and

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