Effect of Self-Care Guidelines on Quality of life for Patients with Hepatocellular Carcinoma Undergoing Radio Frequency Ablation

Thesis

Submitted for Partial Fulfillment of the Requirement of Doctorate Degree (Medical- Surgical Nursing)

By

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Azhar Taha Zaki

Dedication

To My parents

&

My Sons Adam & Ahmed

&

My husband

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Effect of Self-Care Guidelines on Quality of Life for Patients with Hepatocellular Carcinoma Undergoing Radio Frequency Ablation

ABSTRACT

Hepatocellular carcinoma (HCC) is considered as one of the most challenging tumors with high incidence, prevalence and mortality rates. Radiofrequency Ablation (RFA) is one of the emerging therapeutic modalities used for the minimally invasive treatment in the management of early-stage of HCC. **Aim:** This study aimed to assess the effect of self-care guidelines on quality of life for patients with Hepatocellular Carcinoma undergoing Radio Frequency Ablation. **Design:** A quasi experimental design was used to achieve the aim of this study. **Setting:** The study was conducted at the outpatients' clinics in Interventional & Vascular Radiology Unit affiliated to Ain Shams University Hospital **Subject:** A purposive sample of (50) patients with hepatocellular carcinoma; randomly allocated to study group (25) and control group (25) **Tools:** (I) Structured Interview Questionnaire for patients with hepatocellular carcinoma undergoing radio frequency ablation. It is composed of three parts. Socio-demographic characteristic, Assessment of Patients' medical health history and knowledge about HCC and RFA (pre /posttests), (II) Quality of life of cancer Survivors Questionnaire (pre /posttest), and (III) Self –care practices for patients with HCC undergoing RFA (pre /posttests). **Results:** There were statistically significant differences among the study and control groups as regards their total knowledge about hepatocellular carcinoma and radiofrequency ablation therapy pre and post implementation of self-care guidelines. As well there were highly statistically significant differences among both groups regarding total quality of life, pre and post implementation of self-care guidelines. **Conclusion**: There was a significant improvement on patients' knowledge, quality of life and self-care practices post implementation of self-care guidelines with a highly statistically significant difference at ($P \leq 0.001$) pre and post implementation of self-care guidelines among the study and control groups. **Recommendations:** Self-care guidelines should be applied in Interventional & Vascular Radiology Unit for patients with HCC and should be up-dated periodically to enhance self-care practices for those patients.

Key words: *Self-Care Guidelines, quality of life, Hepatocellular Carcinoma, Radiofrequency ablation.*

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List of Abbreviations

Abbreviation	Meaning
ACS	***American Cancer Society***
ADL	Activities of Daily Living
AFP	Alfa-Fetoprotein
BUN	Blood Urea Nitrogen
CBC	Complete Blood Count
CEA	Carcino-Embryonic Antigen
CLD	Chronic Liver Diseases
CT	Computed тomography
DSCRs	Developmental Self Care Requisites
HBV	Hepatitis B Virus
HCC	Hepatocellular Carcinoma
HCV	Hepatitis C Virus
HDSCRs	Health Deviation Self-Care Requisites
MRI	Magnetic Resonance Imaging
NCCN	National Comprehensive Cancer Network
OLT	Orthotopic Liver Transplantation
PTT	Partial Thromboplastin Time
QOL	Quality of Life
RFA	Radiofrequency Ablation
TACE	Trans Catheter Arterial Chemoembolization
USCRs	Universal Self Care Requisites

Introduction

Hepatocellular carcinoma rapidly reduces quality of life and typically causes death 6 months–1 year from diagnosis. Globally, it is the fifth leading cause of cancer and the third leading cause of cancer death. This cancer varies widely in incidence throughout the world, with rising incidence in Egypt. The primary risk factors for hepatocellular carcinoma (HCC) are hepatitis B virus (HBV), hepatitis C virus (HCV), dietary aflatoxin exposure, and chronic alcohol consumption ***(American Cancer Society (A), 2019).***

Hepatocellular carcinoma (HCC) is considered as one of the most challenging tumors with high incidence, prevalence and mortality rates. It is the sixth most common cancer worldwide, accounting for 7% of all cancers and an estimated incidence that is almost identical to the mortality rate. Moreover, it represents the third cause of cancer related deaths ***(WHO, 2015).*** Approximately, 77% of deaths from HCC occur in developing countries ***(American Cancer Society, 2018).***

Hepatocellular Carcinoma (HCC) is a peculiar malignant tumor that is completely different from other