ASSESSMENT OF QUALITY OF LIFE IN PATIENTS WITH ME TASTATIC BREASTCANCER AND ITS PHARMACEUTICAL MANAGEMENT IN TERTIARY CARE HOSPITAL: A PROSPECTIVE OBSERVATIONAL STUDY.

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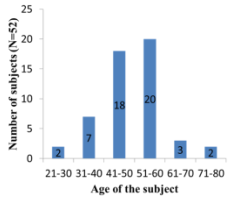
Abstract: Instead of the progression that has been made in diagnosis and treatment of early stage breast cancer a significant proportion of patients still go on to develop incurable metastatic breast cancer that has spread to distant sites of body like lung ,liver, bone, brain. Patients may experience limitations in their daily activities and reduction in their quality of life (QOL) and may be threat of survival due to metastasis to different sites of the body. The purpose of this present study mainly focused to assess QOL in patients suffering with metastatic breast cancer and its pharmaceutical management in a tertiary care hospital. QOL is a multidimensional model which includes physical, social, and psychological well-being of the patient. Here in this study we used self-designed and validated questionnaire (which was taken from European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Breast Cancer {EORTC QLQ-BR23} and Functional Assessment of Cancer Therapy-Breast Cancer {FACT-B}) was used to assess the quality of life in metastatic breast cancer patients which consists of 30 closed ended questions which represents the difference between the past and present Health status of patient.

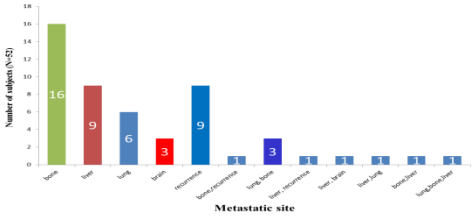
Keywords: Metastatic breast cancer, QOL, EORTC-QLQ-BR23,FACT-B.

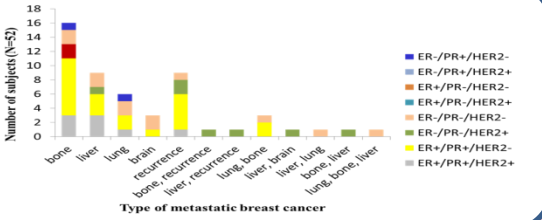
AIM: To assess QOL in patients with metastatic breast cancer and its pharmaceutical management.

OBJECTIVES:

- To assess the QOL in patients with metastatic breast cancer.
- To emphasize the pharmaceutical care in improving QOL.







Functional status (N=52)	Before treatment		After treatment	
	Yes	No	Yes	No
Pain while lying down	11(21.15%)	41(78.85%)	3(5.77%)	49(94.23%)
pain while sitting	24(46.15%)	28(53.85%)	12(23.08%)	40(76.92%)
pain when trying to stand up	18(34.61%)	34(65.39%)	10(19.23%)	42(80.77%)
pain while walking	28(53.85%)	24(46.15%)	0(0%)	52(100%)
pain during bending/climbing stairs	43(82.69%)	9(17.31%)	14(26.92%)	38(73.08%)
pain with strenuous activity	2(3.85%)	50(96.15%)	11(21.15%)	41(78.85%)
pain interfering sleep	38(73.08%)	14(26.92%)	19(36.54%)	33(63.46%)

Psycho-social status (N=52)	Before treatment		After treatment	
	Yes	No	Yes	No
felt positive about health	9(17.31%)	43(82.69%)	52(100%)	0(0%)
trouble in communicating thoughts	33(63.46%)	19(36.54%)	9(17.31%)	43(82.69%)
felt isolated	36(69.23%)	16(30.77%)	8(15.38%)	44(84.62%)
worried about health in future	38(73.08%)	14(26.92%)	10(19.23%)	42(80.77%)
change in daily activities due to illness	12(23.08%)	40(76.92%)	2(3.85%)	50(96.15%)
upset by loss of hair	37(71.15%)	15(28.85%)	5(9.61%)	47(90.39%)
have you felt hopeful your pain will get better	12(23.08%)	40(76.92%)	44(84.62%)	8(15.38%)
I am content with quality of life right now	3(5.77%)	49(94.23%)	51(98.08%)	1(1.92%)

Painful site (N=52)	before(yes)	before(no)	after(yes)	after(no)
stomach	0	52	0	52
chest	39	13	9	30
arm/shoulder	13	22	1	17
legs	28	24	8	25
eyes	10	47	3	42
others	28	28	11	24

Symptoms (N=52)	Before treatment		After treatment	
	Yes	No	Yes	No
nausea/vomiting	30(57.69%)	22(42.31%)	8(15.38%)	44(84.62%)
hair loss	10(19.23%)	42(80.77%)	35(67.31%)	17(32.69%)
cough	29(55.77%)	23(44.23%)	8(15.39%)	44(84.61%)
dry mouth	24(46.15%)	28(53.85%)	7(13.46%)	45(86.54%)
weight loss	18(34.62%)	34(65.38%)	49(94.23%)	3(5.77%)
trouble in swallowing	1(1.92%)	51(98.08%)	0(0%)	52(100%)
tingling of hands or feet	29(55.77%)	23(44.23%)	11(21.15%)	41(78.85%)
headache	29(55.77%)	23(44.23%)	17(32.69%)	35(67.31%)
blurred vision	4(7.69%)	48(92.31%)	4(7.69%)	48(92.31%)
seizures	18(34.62%)	34(65.38%)	2(3.85%)	50(96.15%)
drowsy during day time	22(42.31%)	30(57.69%)	11(21.15%)	41(78.85%)
skin problems/ in area of affected breast	26(50%)	26(50%)	8(15.39%)	44(84.61%)
trouble in controlling bladder	19(36.54%)	33(63.46%)	4(7.69%)	48(92.31%)

CONCLUSION

Based on the results obtained our study concludes that bone is the major site of metastasis in breast cancer followed by recurrence, liver, lung, brain .in bone metastasis majority of subjects having receptor status HR+/HER2- (n=8; 50%) and in liver HR+/HER2+ (n=3; 33.3%) HR+/HER2- (n=3; 33.3%) HR-/HER2- (n=2; 22.2%) was reported. In lung HR+/HER2-(n=2; 33.3%) HR-/HER2- (n=2; 33.3%), in brain majorly observed receptor status was triple negative HR-/HER2- (n=2; 66.6%), in recurrence condition HR+/HER2- (n=5; 55.5%) was majorly observed.

In case of multiple site metastasis i.e., bone, recurrence and liver, recurrence were with receptor status HR-/HER2+ and in lung, bone with receptor status HR+/HER2- (n=2; 66.6%) and in liver, brain and bone, liver metastases HR-/HER2+ was observed. In liver, lung and lung, bone, liver metastasis the receptor status HR-/HER2- was found (P=<0.0001).

Based on the results obtained our study strongly concludes that the use of Bisphosphonates or chemotherapy and hormonal therapy is effective in improving QOL (P=0.019) in patients with metastatic breast cancer.

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