

Quality of Life of Breast Cancer Patients Treated in a University Hospital in Alexandria, Egypt

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OBJECTIVE

To assess the impairment in quality of life and determine the impaired functions and the distressing symptoms of Egyptian female breast cancer patients.

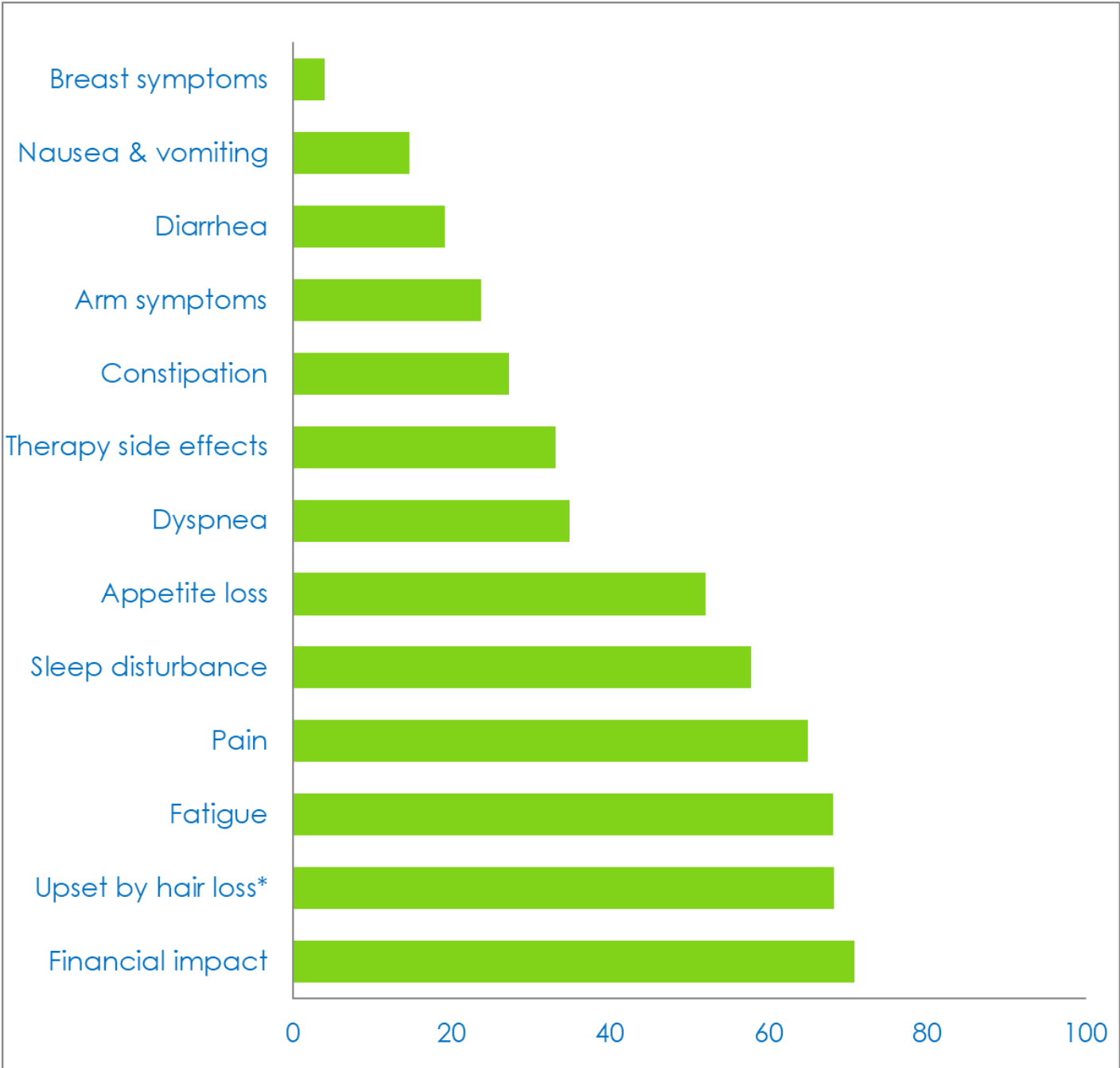
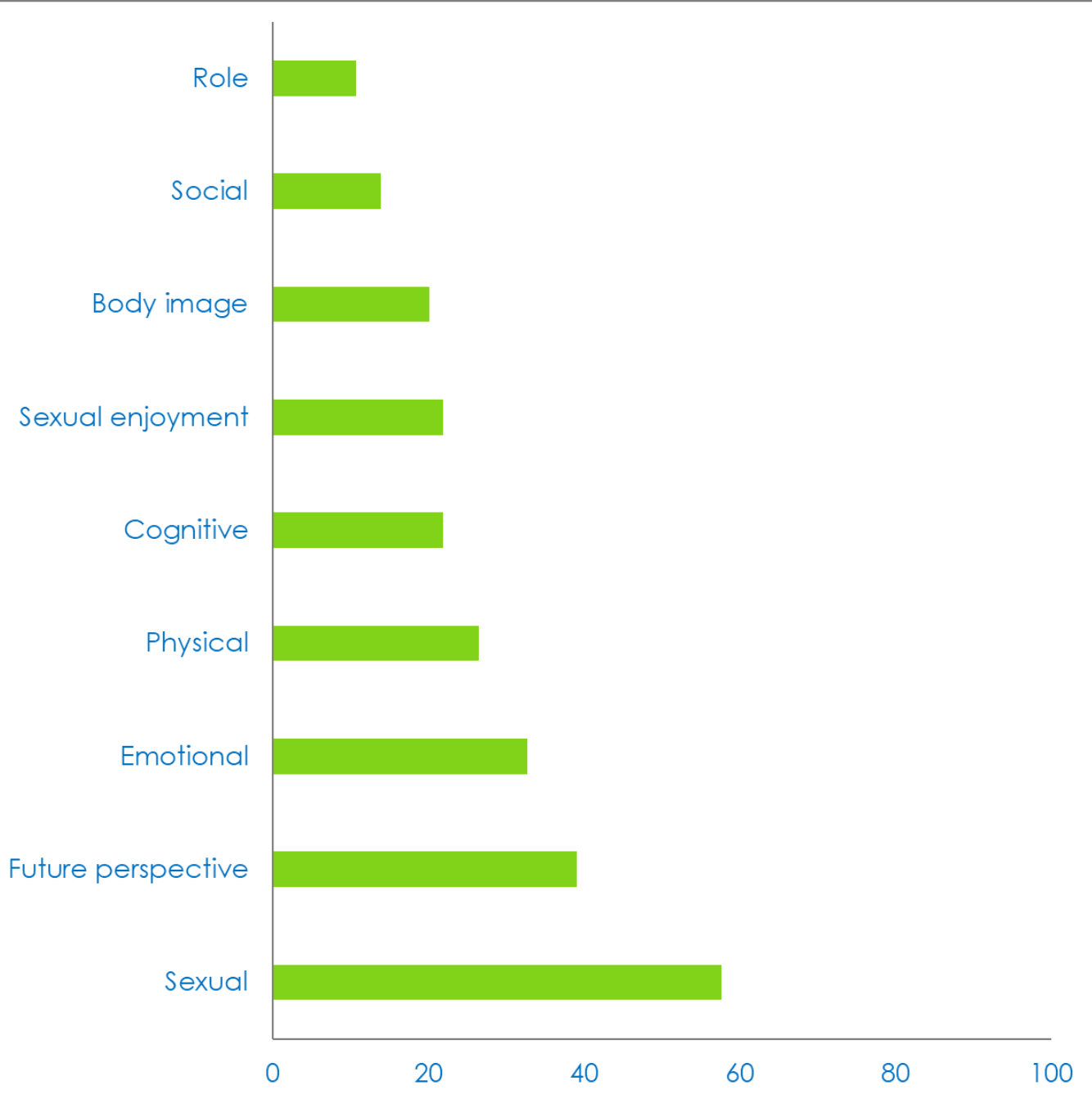
METHODS

A cross sectional study was conducted in the oncology outpatient clinic of the Cancer Management and Research department of the Medical Research Institute hospital, Alexandria Egypt during the period from April 2017 to March 2018. A sample of 223 female breast cancer patients had been taken. The data consisted of socio-demographic & clinical characteristics, the (EORTC QLQ-C30) and (EORTC QLQ-BR23).

RESULTS

Patients were aged 30 to 84 years old. About 42% were illiterate and only 8.5% graduates. They were predominantly married (76.2%), not working (92.8%) and Obese (70.9%). More than half (57%) were stage III & IV. Near half (47%) have been diagnosed since a year or less and 53.4% were Postmenopausal. Nearly 91% had surgery and 66% were receiving chemotherapy at the time of the study.

The prevalence of impaired QoL was relatively high (24%). The mean score for global health status / QoL was 44.5. The most frequent impaired functions were by far the sexual functioning, followed by future perspective, then emotional, then physical functioning. Cognitive, sexual enjoyment and body image were less prevalent. Impairment of social and role functions were the least prevalent.



From all symptoms, the most prevalent distressing symptoms by order of frequency were distress due to the financial impact, the upset by hair loss, fatigue, pain, insomnia and then appetite loss. Distressing dyspnea, therapy side effects, constipation, arm symptoms and diarrhea were less prevalent. While N&V and breast symptoms were experienced by a minority.

CONCLUSION

The prevalence of impaired QoL was relatively high (24%). Among Egyptian women, pattern of impaired functions and distressing symptoms was different from that observed in other countries as Kuwait, Bahrain, KSA and Nepal.