

Quality of Life among Breast Cancer Patients in Khartoum State (Between October and November 2012)

Background

Breast cancer is the commonest worldwide malignancy plaguing women and is the commonest cause of death due to cancer in Sudanese women. Its effects on the quality of life are many and complex.

“Quality of life is more important than life itself.”
Alexis Carrel

Objectives

The main aim of this research was to identify the common factors affecting specific domains of life and the overall quality of life of Sudanese breast cancer patients, in terms of patient characteristics and aspects of therapy.

Domain

Relevant Questions in the WHOQOL-BREF

Physical

1. To what extent does physical pain prevent you from doing what you need to do?
2. How much do you need medical treatment to function in your daily life?
3. Do you have enough energy for everyday life?
4. How well are you able to get around?
5. How satisfied are you with your sleep?
6. How satisfied are you with your ability to perform your daily living activities?
7. How satisfied are you with your capacity for work?

Materials and Methods

An observational case-finding hospital-based study that was conducted in oncology clinics and covered 104 patients diagnosed with breast cancer within Khartoum state. Questionnaires were filled in the form of interviews.

Psychological

1. How much do you enjoy life?
2. To what extent do you feel your life to be meaningful?
3. How well are you able to concentrate?
4. Are you able to accept your bodily appearance?
5. How satisfied are you with yourself?
6. How often do you have negative feelings such as blue mood, despair, anxiety or depression?

Results

The average age of the patients was 46 years of age and the monthly income was between 100SDG and 5000 SDG. Housewives were found to have a significantly higher quality of life in the social domain ($p=0.037$). Foreigners whose original residence was not in Khartoum were found to have a higher quality of life in the social domain ($p=0.027$). Patients who were diagnosed with breast cancer for 7-12 months were found to have a higher quality of life in the physical domain when compared to other durations of time elapsed since diagnosis. There was a positive correlation between income and the environmental domain; the higher the income the higher the quality of life environmentally. Regarding the surgical treatment, women who underwent lumpectomies, were found to have a higher quality of life in the physical domain when compared to their counterparts who underwent mastectomies. Ultimately, joining a support group was one factor of therapy that was found to have the most profound effects, in increasing the quality of life regarding social ($p=0.004$), physical ($p=0.044$) and environmental ($p=0.006$) health.

Social

1. How satisfied are you with your personal relationships?
2. How satisfied are you with your sex life?
3. How satisfied are you with the support you get from your friends?

Environment

1. How safe do you feel in your daily life?
2. How healthy is your physical environment?
3. Have you enough money to meet your needs?
4. How available to you is the information that you need in your day-to-day life?
5. To what extent do you have the opportunity for leisure activities?
6. How satisfied are you with the conditions of your living place?
7. How satisfied are you with your access to health services?

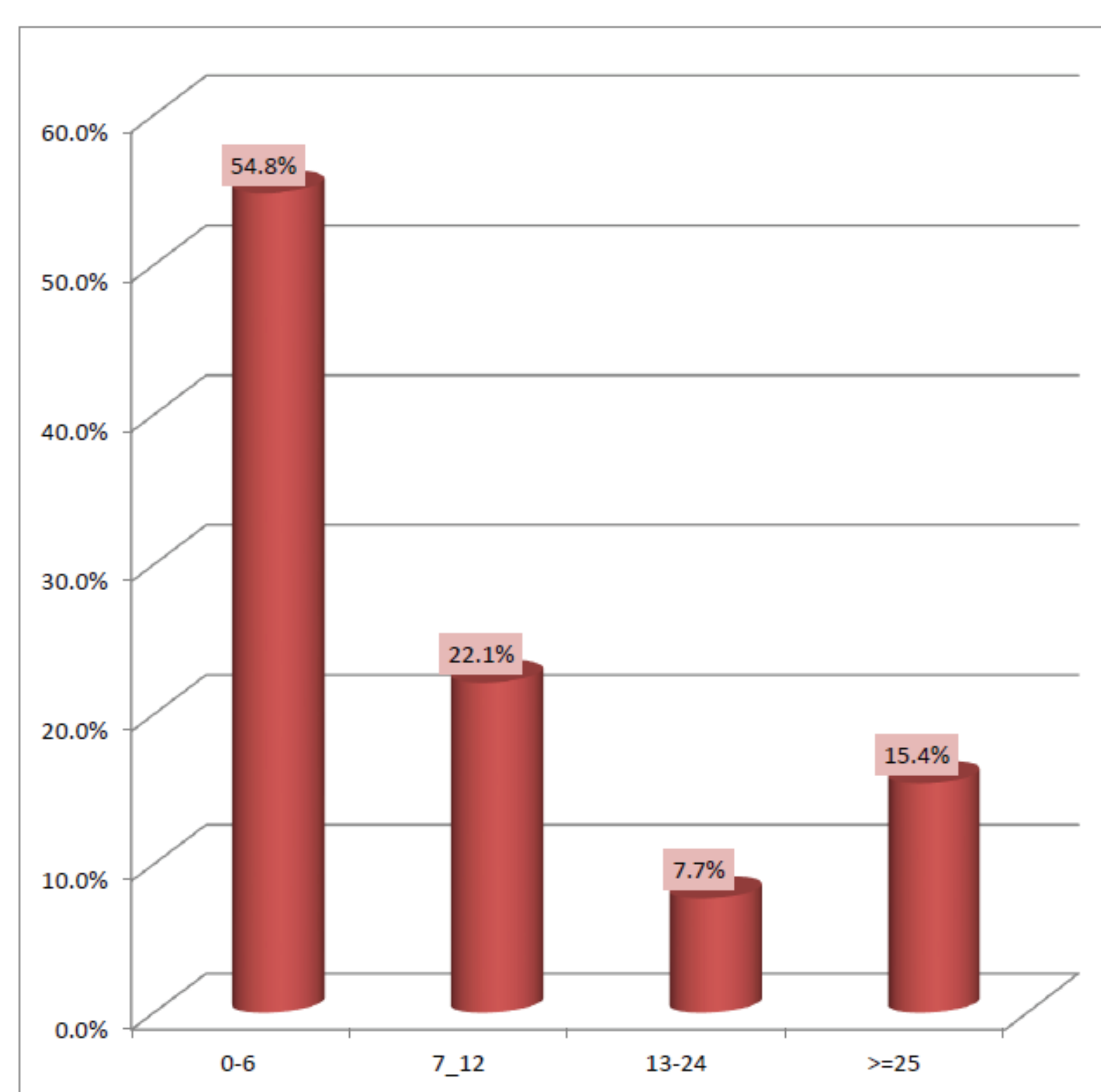


Figure (3.8): Months Since Diagnosis

