



## **Full Length Research Article**

### **QUALITY OF LIFE AMONG POST HYSTERECTOMY WOMEN DIAGNOSED WITH CANCER OF CERVIX VISITING OPD'S**

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Quality of life,  
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#### **ABSTRACT**

**Background:** Cervical cancer is the cancer of cervix, which is third most cause of modality among all cancers and accounts for 10% death due to cervical cancer. The prevalence of cervical cancer is documented more now- a - days which leads to demotion in all the aspects (physical, psychological, social and environmental dimensions) of quality of life and life expectancy. So, the present study was conducted using a descriptive research design with an objective to assess the quality of life of post hysterectomy women diagnosed with cancer of cervix visiting OPD's of selected hospital of city Ludhiana, Punjab. The sample of the study comprised of 100 post hysterectomy women aged between 35 – 65 years and the data was collected using purposive sampling technique and self report method as per WHOQOL – BREF by WHO (June, 1997). Analysis was done using both descriptive and inferential statistics. The findings of the present study revealed that maximum number (83%) of post hysterectomy women diagnosed with cancer of cervix had average quality of life followed by 14% of subjects with good quality of life and only 3% had poor quality of life. More than half of subjects were having stage - 2 cancer, 30% were having stage – 1 cancer, 9% were having stage – 3 cancer and about 3% were having stage – 4 cancer. So, it is concluded that maximum number of subjects leading average quality of life

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#### **INTRODUCTION**

Cervical cancer is the cancer of the cervix. The global burden of cancer continues to increase largely because of the aging and growth of the world population alongside an increasing adoption of cancer causing behaviors, particularly smoking, in economically developing countries. Cervical cancer is the second leading cause of cancer related deaths and it is the most common cancer in Asia and Africa. Among all the cancers in women, cervical cancer accounts for 15% worldwide, holds second position globally and 80% in developing countries. In India, cervical cancer was the third largest cause of cancer modality with incidence rate of 30.7 per 1, 00,000 women with about 10% cancer deaths occurred due to cervical cancer. Average prevalence rate of cancer in Punjab is 30.54 / lakh as per a survey conducted by Punjab Govt. in 2009. Common treatments used to treat cervical cancer are radiation therapy, chemotherapy and surgical procedure like hysterectomy. Moreover, cervical cancer with hysterectomy has an impact on quality of life of women. To promote the quality of life among cancer patient various medical and surgical treatments like

hysterectomy are used i.e. the surgical removal of uterus which further affects the female psychology especially sexual life and other aspects of life (social, spiritual, cognitive) which in turns deteriorates the patient's quality of life. Hysterectomy is one of the most frequently performed surgical procedures among women of reproductive age. As very few researches have been conducted to assess the quality of life of post hysterectomy women with cancer of cervix due to which scarcity of literature is there investigator finds a need to conduct a study to assess the quality of life of post hysterectomy women with the cancer of cervix.

#### **MATERIALS AND METHODS**

The present study was conducted using a descriptive research design with an objective to assess the quality of life of post hysterectomy women diagnosed with cancer of cervix visiting OPD's of selected hospital of city Ludhiana, Punjab. The sample of the study comprised of 100 post hysterectomy women aged between 35 – 65 years and the data was collected using purposive sampling technique and self report method as per WHOQOL – BREF by WHO (June, 1997). A written permission for conducting the study was taken from ethical

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committee of DMC & Hospital, Ludhiana as before starting the study and an informed consent was obtained from each subject.

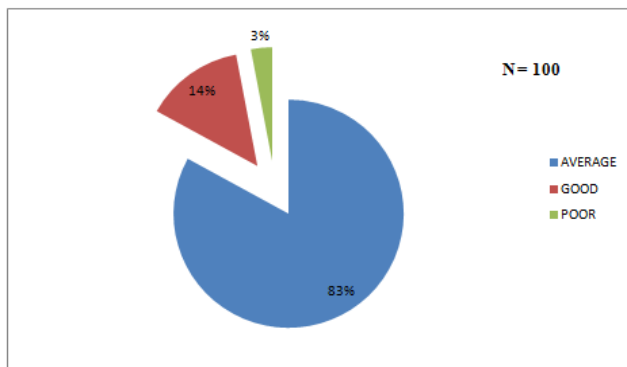
### Statistical methods

Analysis of data was done according to the objectives. Data obtained was analysed in terms of descriptive statistics i.e., mean, standard deviation and in terms of inferential statistics i.e. chi square, t – test and ANOVA at the level of significance  $p < 0.05$ .

## RESULTS

### Distribution of post hysterectomy women diagnosed with cancer of cervix as per level of quality of life.

The above figure depicts that maximum number (83%) of post hysterectomy women diagnosed with cancer of cervix had average quality of life followed by 14% of subject with good quality of life and only 3% had poor quality of life. Hence, it can be inferred that maximum number of subjects were leading average quality of life.



### Other findings

As per socio-demographic variable, it was found that family history of cervical cancer, duration of treatment of cervical cancer, stages of cancer, years since hysterectomy was done were statistically significant at 0.013, 0.001, 0.01 and 0.01 level respectively and had significant effect on post hysterectomy women diagnosed with cancer of cervix.

## DISCUSSION

As per objective 1, Findings of present study revealed that maximum (83%) of post hysterectomy women diagnosed with cancer o cervix were having average quality of life followed by 14% of subjects were having good quality of life and only 3% were having poor quality of life and showed that hysterectomy had good result over the quality of life of post

hysterectomy women diagnosed with cancer of cervix as mean score for 0-1 year was  $73.05 \pm 6.81$ ,  $44.25 \pm 3.32$  and  $55.00 \pm 7.00$  for 1-3 year and 2-3years respectively as supported by Frumovitz M., Charlotte C (2004) who depicted that cervical cancer survivors treated with surgery had good quality of life and sexual function. As per objective 2, the present study revealed that early cancer detection and treatment resulted in better quality of life as compared to advanced stages of cancer as maximum mean score was  $74.10 \pm 4.5$  for stage 1,  $73.79 \pm 6.4$  for stage 2,  $53.22 \pm 7.6$  and  $51.33 \pm 10.40$  for 3rd and 4th stage respectively, as supported by Yao Xie, Fang- Hui Zhao (2012) who revealed that patients with early cancer detection and treatment have better quality of life as compared to advanced stages and Rowe MK and Kanouse. DE et al. (1999) who revealed that Women's primary symptoms before hysterectomy was associated differentially with varying levels of impairment. Hence, quality of life had been improved with hysterectomy.

### Conclusion

It can be concluded that maximum number of post hysterectomy women diagnosed with cancer of cervix had average quality of life followed by subject with good quality of life and poor quality of life and the factors like family history of cervical cancer, duration of treatment of cervical cancer, stages of cancer, years since hysterectomy was done had significant effect on post hysterectomy women diagnosed with cancer of cervix

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