

# Clothing Comfortability of Cancer Patients

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**Abstract:** For the past few decades there has been considerable research awareness in the area of clothing. The incidence of clothing discomfortability for cancer patients has been rising worldwide due to unwarranted disclosure to sunlight, prominent exposure to ultraviolet radiation of sunlight results in skin damages, such as sunburns, impulsive skin mature, allergy and skin melanoma. Medicinal experts suggest several means of protection of human skin against ultraviolet radiation. The clothes are covered the human skin from the harmful ultraviolet radiations. Clothing subtracts have been occupied as one of the transmission of diseases among the patients. For this present pilot study investigate the cancer patients and their clothing discomfortability.

**Keywords:** Cancer patients, Clothing, Comfort ability, Skin

## 1. Introduction

Cancer scenario in India is quite alarming with nearly 25 lakh patients in the country currently suffering from the deadly disease, according to the Indian Council of Medical Research. Cancer scenario in India is not very comfortable and every year there is an increment of 10,000 new cancer patients and the number of total victims stands at about 25 lakhs all over "Indian Council of Medical Research Director General viswamohan kotoch said at a seminar on – New Frontiers in Hematology and Oncology" (The times of India April 2009)

The World Health Organization has caution releasing data on the prevalence of the research on world cancer day 4<sup>th</sup> February in every year. 14 millions of new cases caused by cancer reported WHO. The burden of cancer is larger than before 22 million new cases accomplish by the year 2030. As the number of cancer patients increases new treatments were developed, symptoms are controlled, physiological, and psychological quality is improved and however the patient are directed to home care.

Clothing is playing an important part in significant life. Clothing plays vital role to covering and hold protection in patient's healthiness care and environment. Patients often struggle with varying levels of skin sensitivity that comes and goes during flare periods. Rough textured fabrics, such as waffle weaves or wool can provoke skin sensitivity and discomfort. In USA mostly they preferably from 100% natural fibers, such as cotton, silk or linen.

Comfortable clothing's are essential in particularly during the flare periods. Women's are usually wearing tight dresses; it gives more pressure to the body. The tight jeans and pants should be avoided mainly who are in under the treatments. They should prefer cotton loose garments it gives more comfortable. In underwear garments highly breathable cotton fabric are the best. Nylon and polyester should be avoid because it can't allow skin to breathe. These have been shown to increase the risk of bacterial exposure. Mostly the Colored fabrics may contain some irritating dyes, particularly dark, blue tones and should be avoided. The

study was focused with the following objectives, to taken the pilot study and investigate 30 respondents in Jeevodhaya hospice Chennai and find their clothing discomfortability.

## 2. Review of Literature

Due to nearly seven lakh's of Indians are expiring per year, while over 10 lakh's of newly diagnosed with some of the infections. According to the latest World Cancer Report from the World Health Organization Indian women were being newly diagnosed with cancer annually, as against 4.77 lakh's of men, 5.37 lakh's of women were diagnosed cancer in India (WHO The Times of India 2013).

Comfort as a pleasant state of physiological and physical harmony between a human being and his environment. The classification of comfort into three related aspects viz, physiological comfort, psychological comfort and physical comfort. The physiological comfort refers to the human body's ability to maintain life. It depends on such factors as the temperature of the body and skin, tactile sensations, neutral responses, lung function, body mechanical efficiency, blood pressure and skin hygiene. Psychological comfort refers to the minds ability to keep itself functioning. Satisfactory without eternal help physical comfort refers to the effects to the external environment on the body's physiological and psychological equilibrium. Define of clothing discomfort is what the fabric/ garment feels like when it is worn next to skin like thermo physiological discomfort and garment fit. (J.Fan and L.Hunter 2009)

Classification of clothing physiological discomfort sensations are three types, Tactile discomfort: Allergy, Skin and nasal irritation, Abrasion of the skin, Tickle, Clings to the skin, prickle, initial cold feel to the fabric, Dampness. The loose fibers will cause nasal irritation and tickle or pickle sensations at the skin, all these will cause discomfort. Skin abrasion is a common cause of tactile discomfort when the relative movement between fabrics and skin is frequent during physical activity. Thermo physiological Discomfort: To warm, too cold, transport to perspiration away from the skin. Restrictions/pressure from garment: Tight fit overall and tight local areas (eg Waist band) (J.Fan 2009)

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Skin demands safer textile products especially for patients. The usage of clothing production from the natural sources has become better known due to growing awareness of the environment and health care. The Itching of skin cause restlessness, anxiety, skin sores, and infection. Common causes of itching in people with cancer include dry skin, allergies, side effects of medicines, and chemo or radiation therapy. Other illnesses and certain kinds of cancer can also cause itching. Dry, red, rough, flaky skin, A yellow color of the skin or of the whites of eyes, Rash or bumps, Scratch marks, Skin sores, Scratching without realizing it (American Cancer society 2010)

Relates studies on clothing comfortability among cancer patients under treatment are not available in earlier studies. Hence the investigator taken this study them an objective of understanding, identifying the clothing practices and its comfort as casual wears among cancer patients.

### 3. Methodology

The methodology pertaining to this study as followed. A pilot study was done based on the acceptance of patients suffering from cancer and care takers acceptance, Jeevodaya located in Chennai, has been purposively selected for this study. Jeevodaya is professionally manned hospice rendering free palliative care to advanced cancer patients irrespective of caste, creed, class and religion. A questionnaire was administered as the tool for collecting data from the respondents. The questionnaire is the most common instrument for data collection. The questions are logically selected to a problem under this study. Interviewing defined as a two way systematic conversation between an investigator and informant, Totally 30 respondents were identified and it has been initiated for obtaining information relevant to a specific study.

### 4. Results and Discussion

Table 1 reveals the General profile of 30 respondents, male respondents 8 and Female respondents 22.

#### Males Profile

- 1) Regarding the male respondents Age six (6) of them were found as 36-50 yrs old, remaining two (2) found as 51 yrs and above.
- 2) Regarding the Education details, only one (1) of them found as illiterate, three (3) as primary level (up to 5) and three (3) were completed secondary school, remaining one (1) educated at Higher education.
- 3) Regarding the marital status all are married.
- 4) Regarding the size of the family, six (6) of them found in small size, two (2) of them living as medium family.

#### Female Profile:

- 1) Regarding the Female respondents Age one (1) as 20-35 yrs. Eight (8) of them were found as 36-50 yrs old, remaining thirteen (13) found as 51 yrs and above.
- 2) Regarding the Education details, nine (9) of them found as illiterate, four (4) as primary level (up to 5) and eight

- (8) were completed secondary school, remaining only one (1) educated at Higher education.
- 3) Regarding the marital status all are married.
- 4) Regarding the size of the family, eleven (11) of them found in small size, seven (7) of them living as medium family and four (4) as large family.

**Table 1: Profile of the Respondents**

Particulars		Total respondents =30			
		Male		Female	
		N= 8	%=100	N= 22	%=100
Age (in years)	20-35	-	-	1	5
	36-50	6	75	8	36
	51 and above	2	25	13	59
	<b>Total</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>
Education	Illiterate	1	13	9	41
	Primary (up to 5)	3	37	4	18
	Secondary Education	3	37	8	36
	Higher education	1	13	1	5
	<b>Total</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>
Marital Status	Unmarried	-	-	-	-
	Married	6	75	15	68
	Widow	2		7	32
	<b>Total</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>
Family Size	Small (2-4)	6	75	11	50
	Medium (5-7)	2	25	7	32
	Large (above 7)	-	-	4	18
	<b>Total</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>

Table 2, clothing comfortability of patients reveals that only one (1) of them were comfortable with manmade fabrics (male), four (4) of them comfortable with manmade fabrics (female). Uncomfortability felt by seven (7) of them (male), eighteen (18) of the (female).

Regarding natural fiber fabrics eight (8) of them (male), twenty two (22) of them (female) felt comfortable with natural fabrics such as cotton, cotton blends with lycra. Nobody record for discomfort in natural fabrics. Regarding the suitable garments availability manmade fibres, none of them revealed for manmade (synthetic) garments, all eight (8) respondents (male) and twenty (22) respondent (female) that suitable garment are not available for them. Suitable garments in natural fabrics, like cotton availability recorded by five (5) of them (male) and fourteen (14) respondents (female), three (3) of them (male) and eight (8) of them (female) reported as specific garments during treatment easy wear garments are not available exclusively for cancer treatment areas for example, breast cancer, throat cancer, stomach and additional areas, such areas are to wear unsuitable garments during treatment.

**Table 2: Clothing Comfortability of Cancer Patients**  
 Total number of Respondents =30, Male = 8, Female = 22

S. No	Variable	Man made (Synthetic)				Natural			
		Male		Female		Male		Female	
		N	%	N	%	N	%	N	%
I	Comfortable	1	13	4	18	8	100	22	100
	Un comfortable	7	87	18	82	-	-	-	-
	<b>Total</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>
II	Suitable garment available	Yes	-	-	-	5	63	14	63
		No	8	100	22	100	3	37	8
	<b>Total</b>	-	<b>100</b>	-	<b>100</b>	<b>8</b>	<b>100</b>	<b>22</b>	<b>100</b>

## 5. Conclusion

In this study of Jeevodaya hospice- Cancer patients who are in treatment they are needed more specific comfortable garments than normal garments. This conclusion concluded that the respondents of male and female both are having more discomfort in their clothing. Skin demands safer textile were well determined based on the biological, chemical and physical properties. The comfortable garments are breathable and cool, have a nice luster, extremely soft, better water absorption, and antibacterial, bio-degradable, anti UV radiation and have more laundry cycles. It gives more protection to the skin and fulfills their clothing needs.

## 6. Acknowledgements

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