

Effectiveness of an Anticipatory Guidance Program on Physical Problems among Women with Reproductive System Malignancies Undergoing Chemotherapy

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Abstract: *The present study investigated the “Effectiveness of an anticipatory guidance program on physical problems among women with reproductive system malignancies undergoing chemotherapy in a tertiary care hospital, Kottayam”. A quantitative approach was used for the study. The study was theoretically supported by Betty Neuman’s system model. A total of 30 women with reproductive system malignancies undergoing chemotherapy as outpatient basis in the day care chemotherapy ward, Medical College Hospital Kottayam were selected as study participants, by using non probability purposive sampling technique. The data collection instruments used for the study includes socio personal and clinical data sheet, physical problem assessment scale prepared by the researcher. Pre test was conducted using socio personal and clinical data sheet, physical problem assessment scale. After the pretest anticipatory guidance program was given as three sessions which include computer assisted teaching program, relaxation training and a video recorded positive speech of a cancer survivor. The data were tabulated and analyzed using descriptive and inferential statistics. The result of the study revealed that anticipatory guidance program was effective on physical problems among women with reproductive system malignancies undergoing chemotherapy.*

Keywords: Anticipatory guidance program, physical problems, women with reproductive system malignancies.

1. Introduction

Cancer starts in reproductive organs of woman, it is called gynecologic cancer. Cancers of the female reproductive system-namely cancer of the cervix uteri (cervical cancer), cancer of the corpus uteri (which includes mostly adenocarcinomas originating in the endometrium and some other rarer cancers, such as sarcomas), ovarian, vulvar, vaginal, fallopian tube cancers, and choriocarcinoma-are an important cause of cancer morbidity and mortality worldwide. Cervical, endometrial, and ovarian cancers are relatively common whereas vulvar, vaginal, fallopian tube cancers, and choriocarcinoma are very rare.¹

The diagnosis of cancer in any site has the potential to be a catastrophic, life alerting event. Immediate responses usually focus on existential issues of survival and impact on family and caregivers. In the longer term the focus shifts to management of treatment side-effects, which may impose considerable physical and emotional burden. In the case of reproductive cancer, women may experience unique emotional and psychological burden.²

Chemotherapy plays a major role in the treatment of patients with gynecological malignancies. In general, chemotherapy has a smaller therapeutic window compared with drugs of other types; hence, the potential for severe adverse effects associated with chemotherapy has made appropriate patient and drug selection.

2. Objective

- 1) To assess the physical problems among women with reproductive system malignancies undergoing chemotherapy
- 2) To assess the effectiveness of an anticipatory guidance program on physical problems among women with reproductive system malignancies undergoing chemotherapy

3. Materials and Methods

The quantitative approach was used for the study. The research design used for the study was a pre – experimental one group pre-test post-test research design. Non probability purposive sampling technique was used in this study. In this study sample consist of 30 subjects with reproductive system malignancies undergoing 2nd and 3rd dose of chemotherapy between the age group of 20-70 years at Govt. Medical College Hospital, Kottayam.

Inclusion criteria of the present study was women diagnosed with reproductive system malignancies who are willing to participate and able to read and comprehend Malayalam. Those who excluded from the study were women diagnosed with reproductive system malignancies with psychiatric illness and who are undergoing other than 2nd and 3rd dose of chemotherapy.

Tools and technique used to collect data in the present study were the following: Socio personal and clinical data sheet and physical problem assessment scale to assess physical problem.

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Sample collected using purposive sampling technique and sample size was 30, who meet the inclusion criteria. Purpose of the study explained and informed consent was obtained from the participants in the prescribed format prior to data collection.

Pre test was conducted using socio personal and clinical data sheet, physical problem assessment scale. After the pretest anticipatory guidance program was given as three sessions.

First session was computer assisted teaching program on reproductive system malignancies, chemotherapy and its side effects and measures to prevent physical problems for a duration of 10 minutes.

Second session was relaxation training include deep breathing exercise and progressive muscle relaxation technique, demonstrated by the researcher for a duration of 30 minutes on the first day of assessment in the presence of their care givers. After that women was instructed to continue this practice in their home under the guidance of prepared audio in the presence of the same caregiver for a duration of 15 minutes once daily for 3 weeks consecutively. The practice was ascertained by the researcher through telephonic communication.

Third session is a video recorded positive speech of a cancer survivor for duration of 5 minutes taken from the YouTube by the investigator and send to patient or caregiver's mobile phone.

Post test was conducted 3 weeks after the pre-test using the same tool. The data thus obtained were tabulated and analyzed using both descriptive and inferential statistics.

4. Result

4.1 Socio personal data of Women with reproductive system malignancy undergoing chemotherapy

Among 30 patients, 33.3% of women belongs to the age group of 41-50 and 61 – 70. The data showed that 43.3% of women have high school education. Regarding occupation 46.7% were home makers. The data pointed out 66.7% of women were married and 60 % belonged to BPL category. 56.7% of women got support from their children.

4.2 Clinical data of Women with reproductive system malignancy undergoing chemotherapy

Among 30 patients 56.7% of women were diagnosed as ovarian cancer, 33.3% as cervical cancer and 10 % as endometrial cancer. Nearly three fourth 70% of women had duration of diagnosis 1-2 years and 56.7 % were undergoing third course of chemotherapy. Regarding comorbid diseases 50% of women had no comorbidities and 20 % had comorbidities namely diabetes mellitus and dyslipidemia respectively.

Table 1: Frequency distribution and percentage of physical problems of women with reproductive system malignancies undergoing chemotherapy (n = 30)

Physical problems	f	%
Mild (1 – 15)	1	3.3
Moderate (16 – 30)	25	83.4
Severe (31 – 45)	4	13.3

Data presented in Table 1 reveals that 83.4% of women had moderate physical problems.

Table 2: Median and IQR of pre-test and post-test scores of physical problems among women with reproductive system malignancies undergoing chemotherapy (n=30)

Physical problems	Median	IQR
Pre test	25	6
Post test	13	3

Data presented in Table 2 shows that the median and IQR scores of pre test was 25 and 6 and the post test was 13 and 3 respectively.

Table 3: Mean rank, sum of rank, Z value and p value of pre-test and post test scores of physical problems among women with reproductive system malignancies undergoing chemotherapy, (n = 30)

Group	Mean rank	Sum of rank	Z	p
Pre test	15.50	465.00	4.787	0.00
Post test				

Table 3 depicts that obtained Z value 4.787 is statistically significant at 0.01 level. Hence the null hypothesis was rejected and it is inferred that anticipatory guidance program was effective in reducing physical problems among women with reproductive system malignancies undergoing chemotherapy.

5. Conclusion

Majority of women with reproductive system malignancies undergoing chemotherapy had moderate physical problems. Anticipatory guidance programme was effective in reducing physical problems among women with reproductive system malignancies undergoing chemotherapy.

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