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The Relationships between Palliative Care and Quality of Life among Patients with Breast Cancer at Adam Malik Central Hospital Medan, Indonesia

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Abstract

Breast cancer is one of the most common cancer in women wotldwide. The occurrence of breast cancer is very diverse, resulting from the internal and external factors of individuals. Patients diagnosed with breast cancer will experience social, medical, psychological, spiritual, and physical problems, which can affect quality of life. The purpose of this study was to determine the relationship between palliative care and quality of life among patients with breast cancer at Adam Malik Central General Hospital. This study was a cross sectional study. Eighty three (83) patients with breast cancer were selected by purposive sampling technique. The EORTC QLQ-C30 Indonesian Version 28 item questionnaire and 43-item questionnaire of Palliative care were used for data collection to measures the variables. The data were analyzed by frequency, percentage, mean, standard deviation and chi-square test. The results of this study found that patients with breast cancer accepted palliative care in the high level (67.5%), and quality of life of patients with breast cancer was high (89.2%). There was a significant association between palliative care and the quality of life of patients with breast cancer ($P=0.001, < 0.05$). Health care providers should promote palliative care to patients diagnosed with brast cancer to increase their perception and quality of life.

Keywords: Breast Cancer, Quality of Life, Palliative Care

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Introduction

Breast cancer is the most common cancer in women worldwide and the cases continue to increase (International Agency for Research on Cancer, 2019). Every year more than 250 new cases of breast cancer out of 4,230,000 new cases in all types of cancer diagnosed in Europe and less than 175 new cases of breast cancer from 3,792,000 cases of all types of cancer diagnosed in the United States (International Agency for Research on Cancer, 2019).

This breast cancer is one type of cancer which is also the biggest death etiology of women in the world, including Indonesia (Ministry of Health Republic of Indonesia, 2019). Globocan data shows that in 2018, there were 18.1 million new cases with mortality rate of 9.6 million deaths, of which 1 in 8 men and 1 in 11 women in the world experience cancer (International Agency for Research on Cancer, 2019). While in Indonesia, there are 58,526 breast cancer new cases in 2018 (World Health Organization, 2019).

Breast cancer is in the first rank and most found in Indonesia (Ministry of Health Republic of Indonesia, 2019). According to data presented by the Ministry of Health on January 31, 2019, the breast cancer rate was 42.1 per 100,000 populations with an average death rate of 17 per 100,000 populations (Abadi, 2019), followed by cervical cancer of 23.4 per 100,000 population with an average death of 13.9 per 100,000 population (Ministry of Health Republic of Indonesia, 2019). The highest cancer prevalence was in Yogyakarta province which is 4.86 per 1000 population, followed by West Sumatra 2.47 per 1000 population, and Gorontalo 2.44 per 1000 population.

Breast cancer patients, who were reported by several hospitals in Indonesia, generally come for treatment at an advanced

stage. For five years (2014-2018) 768 breast cancers were found in the stages of IIIa and IIIb 60.71%, and those who were 30-45 years old were 67.98% (Masriadi, 2016), and even in the stage IIIc (7%). Thus, the handling is very complex and requires support from various parties involved. It is estimated that the number of breast cancer patients from these data increase every year. Most of the patients also have poor prognosis which cause them unable to survive (Adam Malik Central Hospital Medical Record).

Cancer has a great impact on sufferers both physically, psychologically and socially which will affect their quality of life. Previous study found that physical (Angraini et al., 2018), psychological changes such as levels depression and anxiety (Nuridah, Saleh and Kaelan, 2019), social functions, sexual, stage of cancer (Toulasik, Kusumaningrum and Pradanie, 2019) and daily activities (Putu et al. 2015) were affected the quality of life or quality of life breast cancer.

The handling of breast cancer aims to get cure rate and improve quality of life by using palliative care. (Azis et al., 2008) namely palliative care therapy (Schroeder & Lorenz, 2018; Ministry of Health Republic of Indonesia, 2018).

At Adam Malik Central Hospital, palliative care for breast cancer patients has been carried out. They are spiritual activities, social and psychological, palliative nurses, anesthesia, nutrition, and providing emotional support/ counseling during disease development and mourning process. Since the incidence and death of breast cancer have increased over time in study area, the researchers would like to determine whether there is a relationship of palliative care with the quality of life of breast cancer among patients in Adam Malik Central Hospital or not.

Research Methodology

This cross-sectional study aimed to determine the relationship palliative care with the quality of life among breast cancer patients. This research was conducted at the Adam Malik Central Hospital Medan between March to June 2019. Palliative care was measured using the Palliative Care Questionnaire (PCQ) (Pradana, 2012) scale. The scale consists of 43 items. With each response being rated on a scale of 1-4 (never to always). Higher scores indicate the higher palliative care the patients received.

Quality of life was measured using European Organization for Research and Treatment of Cancer Quality of Life

Study Population and Sample

The population of this study was all breast cancer patients in Adam Malik Central Hospital. In accordance with secondary data from the medical records at the Adam Malik Central Hospital, 499 patients have been hospitalized from March 2019 to June 2019. A total of 83 breast patients have been selected using purposive sampling techniques and inclusion included 1) Being cancer

Study Design and Data Collection

This study was cross-sectional with aimed to determine the relationship palliative care with the quality of life among breast cancer patients. This research was conducted at the Adam Malik Central Hospital Medan between March to June 2019. Participants

Data Analysis

To analyze relationship palliative care with the quality of life was breast cancer patients, the chi square test was used.

Ethical Approval

This study was approved by the Health Research Ethics Commission of the Faculty of Nursing, North Sumatra

Questionnaire-C30 (EORTC QLQ-C30 Indonesian version). EORTC QLQ-C30 consists of 30 item questions. The higher score indicated worse the quality of life. Part 2, there are 2 questions that use somatic deferential with the highest score is 8 and the lowest is 1. the higher the score, the worse the quality of life, the lower the score, the better the quality of life. EORTC QLQ-C30 version of quality of life questionnaire has been translated and validated in Indonesian version by Perwitasari et al (2011) and used in chemotherapy patients at Dr. Sardjito Central Hospital in Yogyakarta.

patients with compos mentis awareness (fully aware), 2) being stage III who are undergoing palliative care, 3) being hospitalized as in Rindu B room Adam Malik Central Hospital, 4) and being cancer patients who are willing to be respondents. the exclusion criteria were being cancer patients who have mental disorders.

spent approximately 45-50 minutes filling out questionnaires measuring palliative care and quality of life, if questionnaire filling out incorrectly the participant was asked to make appropriate correction. All participants provided written consent.

University (Ref.No.1168 / III / SP / 2019). All participants involved in this study had received permission from each respondent.

Results

A total of 83 respondents were recruited and selected based on inclusion criteria in the oncology inpatient room at Adam Malik Central Hospital Medan. The majority of respondents were above 40 years old (60.2%), and 53.0% were private employees.

Level of palliative care is mostly high (67.5%) obtained by breast cancer patients in Adam Malik Central Hospital Medan mostly high (67.5%) and the level of quality of life of breast cancer patients was also high 89.2% (Table 1)

Table 1. Number and percentages of patients distributed by age, occupation, level of palliative care and level of quality of life breast cancer patients in Adam Malik Central Hospital Medan (n = 83)

Characteristic	N	%
Age(yrs)		
30-35	6	7.2
36 – 40	27	32.5
> 40	50	60.3
Occupation		
Unemployed	24	28.9
Private employees	44	53.0
Laborers	6	7.2
Farmers	9	10.8
Level of Palliative Care		
Low	1	1.2
Medium	26	31.3
High	58	67.5
Level of Quality of Life		
High	74	89.2
Low	9	10.8

Palliative care obtained by breast cancer patients in Adam Malik Central Hospital Medan is mostly high (67.5%) and the quality of life of breast cancer patients is also high 89.2% (table 1).

Table 2: The relationship between Palliative Care and Quality of Life among breast cancer patients at Adam Malik Central General Hospital Medan (n = 83)

Level of Palliative care	Cancer Patients Life Quality level				Total		<i>P value</i>
	Low		High				
	N	%	n	%	N	%	
Low	1	1.2	0	0.0	1	1.2	0.001
Medium	6	7.3	20	24.1	26	31.1	
High	2	2.5	54	65.9	56	67.7	

Based on table 2, it can be seen that 67.5% of patients who received high palliative,

64.9% have high quality of life. This means that the higher the palliative care received the

higher quality of life for breast cancer patients. Statistical test results using the chi square test which obtained p value = 0.01 (P

<0.05) showed that there was a significant relationship between Palliative Care and Quality of Life of breast cancer patients.

Discussion

In the present study, we found that patients who obtained high level of palliative care have had high level of quality of life. There is a significant relationship between palliative care and quality of life among breast cancer patients at Adam Malik Central Hospital. They feel loved, valued by those around them, and got sincere care from nurses. They also felt accepted the situation of his/her illness and felt ready to accept the effects of his/her illness.

This study is supported by Irawan's (2013) research that palliative care has an important role for the treatment of patients with terminal illness that can be done simply and which the main priority is quality of life. The results of this study are also in line with the results of Anita's (2016) study which concluded that there is a relationship of palliative care with the quality of life of cancer patients. Likewise with the results of Nazario's research (2014) concluded that there is a relationship of palliative care with the quality of life of patients diagnosed with cancer by overcoming problems that can

occur such as physical, psychological, social and spiritual problems. According to Meier (2011) research conclusion, it concludes that palliative care and quality of life have a very strong relationship.

Palliative care or integrated care that is active and comprehensive, with integrated multidisciplinary approaches (Matzo & Sherman, 2014), which aims to reduce patient suffering, improve quality of life and also provide support to their families (Rasjidi, 2010). Through palliative care, it can alleviate the problems that patients get in the form of physical, psychological, social and spiritual problems that help patients to avoid problems that can occur (Campell, 2013). The results of this study are also in line with the study of Suranta (2016) which find that those who get high level palliative care tend to have a good quality of life. It can be concluded by researchers that palliative care has an important role in improving the quality of life among breast cancer patients in the management of pain, psychology, spirituality and others.

Conclusion

From results of this study, it can be concluded that palliative care has a direct relationship with the quality of life of breast cancer patients in the Adam Malik Central

Hospital. The higher the palliative care obtained by breast cancer patients, the better the quality of life obtained.

Research Implication

For nursing education, it is very important to include palliative care in the nursing curriculum. Palliative care can be taught to nursing students so that whenever they treat breast cancer patients, the palliative

care services can be given. Finally, breast cancer patients can survive; accept the situation, stronger and more ready to face the problem of the disease.

Suggestions for the further study

Based on the result of this study, It can be recommended for future researchers to determine the effect of palliative care on

quality of life of breast cancer patients into account in various places in Indonesia.

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