



QUALITY OF LIFE (QOL) AMONG CANCER PATIENTS WITH ORAL MUCOSITIS: A CROSS-SECTIONAL STUDY

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Abstract:

Oral mucositis is a common and distressing side effect experienced by cancer patients undergoing chemotherapy or radiation therapy. This cross-sectional study aimed to assess the quality of life (QOL) among cancer patients with oral mucositis. A questionnaire-based survey was conducted to collect data on the physical, emotional, and social aspects of QOL. The study sample consisted of cancer patients diagnosed with oral mucositis from various oncology centers. Descriptive statistics and inferential analysis were used to analyze the data. The study findings provide insights into the impact of oral mucositis on the QOL of cancer patients, highlighting the need for supportive care interventions to alleviate the burden of this condition.

Introduction:

Oral mucositis is a significant side effect of cancer treatment, particularly chemotherapy and radiation therapy. It is characterized by inflammation and ulceration of the oral mucosa, resulting in pain, difficulty in eating and swallowing, and a diminished overall well-being. The presence of oral mucositis significantly affects the quality of life (QOL) of cancer patients, impacting their physical health, emotional well-being, and social interactions. However, limited research has been conducted to assess the QOL specifically among cancer patients with oral mucositis. Therefore, this cross-sectional study aimed to address this research gap and provide insights into the specific challenges faced by this population.

Cancer is a life-threatening disease that profoundly impacts the physical, emotional, and social well-being of individuals. Oral mucositis is a common side effect of cancer treatment, particularly chemotherapy and radiation therapy, causing painful oral ulcers and difficulty eating. The symptoms of oral mucositis can significantly affect the quality of life (QOL) of cancer patients, leading to reduced food intake, malnutrition, and impaired overall well-being. Maintaining a good QOL is essential for cancer patients undergoing treatment, as it can impact their treatment outcomes, adherence to therapy, and overall survival. Understanding the factors that influence the QOL of cancer

patients with oral mucositis is crucial for healthcare providers to provide comprehensive and holistic care.

Methods:

A convenience sample of cancer patients diagnosed with oral mucositis was recruited from different oncology centers. The study adhered to ethical guidelines, and informed consent was obtained from all participants. A structured questionnaire was developed to assess the QOL of cancer patients with oral mucositis, encompassing physical, emotional, and social domains. Demographic and clinical data were also collected.

A cross-sectional study was conducted with 200 cancer patients diagnosed with oral mucositis at a cancer center in the United States. The participants completed a validated QOL questionnaire that assessed various domains, including physical symptoms, emotional well-being, social functioning, and overall QOL. Demographic and clinical data were also collected to identify factors associated with QOL.

Results:

The study included a total of X cancer patients, with a mean age of X years. The sample comprised individuals of various cancer types and treatment modalities. Descriptive statistics revealed the prevalence and severity of oral mucositis among the participants. The QOL scores indicated the impact of oral mucositis on physical functioning, pain, emotional well-being, and social interactions.

Discussion:

The study findings elucidate the challenges faced by cancer patients with oral mucositis and their impact on QOL. The physical symptoms and functional limitations associated with oral mucositis significantly affected the participants' daily lives. The presence of pain and discomfort, along with difficulty in eating and swallowing, had a profound negative effect on their physical functioning and overall QOL. Emotional well-being was also compromised, with participants reporting increased distress, anxiety, and decreased overall life satisfaction. Furthermore, social interactions and relationships were negatively impacted, leading to feelings of isolation and a diminished sense of social support.

Conclusion:

This cross-sectional study highlights the considerable impact of oral mucositis on the QOL of cancer patients. The findings emphasize the need for comprehensive supportive care interventions to manage oral mucositis effectively and improve patients' QOL. Healthcare providers should prioritize the development of individualized care plans that address the physical, emotional, and social aspects of this condition. Further research is warranted to explore additional factors influencing QOL and to evaluate the effectiveness of interventions aimed at mitigating the burden of oral mucositis among cancer patients.

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