

QUALITY OF LIFE AND ITS ASSOCIATE FACTORS AMONG BREAST CANCER SURVIVORS AT OUT-PATIENT DEPARTMENT OF RADIOTHERAPY WARD, YANGON GENERAL HOSPITAL

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ABSTRACT

Breast cancer is certainly the commonest forms of cancers among women in Myanmar. For a long time the focus has been on clinical management of cancers but now Health Related Quality of Life (HRQOL) is emerging as an important health outcome which requires to be incorporated in the holistic management of patients. Evaluating the HRQOL, is used to identify cancer patients in need of clinical attention and to evaluate interventions for cancer patients and lead to better outcome.

This study was hospital based cross-sectional descriptive study aiming to assess the level of health related quality of life (HRQOL) and its associated factors among 200 breast cancer survivors. The translated version of European organization for research and treatment of cancer quality of life questionnaire QLQ-C30 (Quality of Life Questionnaire- Cancer 30) and QLQ-BR23 (Quality of Life Questionnaire- Breast Cancer 23) which were adapted with Myanmar context were used to measure the health related quality of life. Binary logistic regression analysis was performed to examine the effect of independent variables on HRQOL, furthermore analysis of variance (ANOVAs) and t-test was performed to examine the relationship between independent variables and functional and symptom scales.

The mean score for HRQOL was 66.08. Marital status, disease duration and current staging, were associated with HRQOL in bivariate analysis. Bad provider-patient relationship remained significant in multivariate analysis. In all functional scales of the QLQ C30 and QLQ BR23 except cognitive, role and body image and symptom scales of fatigue, arm symptom and treatment side-effects were significantly associated with HRQOL.

The study revealed that the mean score for HRQOL was comparable with the international findings. Significant determinant of health related quality of life include; longer duration of diagnosis, higher staging and all functional scales of the QLQ C30 and QLQ BR23 except cognitive, role and body image and symptom scales of fatigue, arm symptom and treatment side-effects. Based on the findings of the study it is important to prioritize such groups of breast cancer survivors for targeted programs to improve the health related quality of life and contribute for better outcome.