

## Original Research Article

# Effectiveness of Information Booklet on Knowledge regarding Self Care Management on Selected Side Effects of Chemotherapeutic Drugs among Patients with Cancers in Selected Hospitals, Chennai

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**Abstract**

The term chemotherapy is a general one used in association with any treatment involving the use of chemical agents to stop cancer cell growth. A number of people fear chemotherapy treatment because they have heard that it may present side effect which are comfortable management of the side effects related to chemotherapy has come a long way over the last few decades' number of the side effects related to chemotherapy treatment may be either controlled or prevented entirely. The objectives of the study are to assess the level of knowledge, to determine the effectiveness of information booklet on selected side effects of chemotherapy among patients with cancer. A Pre –experimental design was chosen with the 60 patients who are having cancers under chemotherapy as treatment was selected by using convenient sampling technique. Out of 60 patients 50 (83.4%) of them had inadequate knowledge and 10 (16.6%) of them had moderately adequate knowledge and none of them are having Adequate knowledge. Out of 60 patients 14 (26.6 %) of them had moderately adequate knowledge and 46 (73.4%) of them had Adequate level of knowledge. The calculated 't' values are greater than table value ( $t = 3.460, P < 0.001$ ) showing that there was significant difference in the pre- and post- on self care management of selected side effects of chemotherapeutic drugs among patients with cancer. The chi – square test revealed that there was no significant association with demographic variables at the level of  $P < 0.05$ .

**Key words:** Information booklet, Side effects, Chemotherapy Drugs.

**Introduction**

The term chemotherapy is a general one used in association with any treatment involving the use of chemical agents to stop cancer cell growth [1]. Chemotherapy may eliminate cancerous cells at sites which are at greater distances from the original sites of cancer development, because of this chemotherapy is considered to be a form of systemic treatment greater than half of all persons who have been diagnosed with cancer receive chemotherapy. Chemotherapy assists in treating millions of people successfully, helping them to enjoy full and productive lives [2].

A number of people fear chemotherapy treatment because they have heard that it may present side effect which are comfortable management of the side effects related to chemotherapy has come a long way over the last few decades' number of the side effects related to chemotherapy treatment may

be either controlled or prevented entirely [3]. With some forms of chemotherapy, persons may only experience a minimum of side effects chemotherapy can also be the person's best option for an outcome that is successfully. It is important to understand how any side effects may impact on individual's treatment, as well as how to manage side effects [4].

Cancer is a group of diseases which the body's cells have abnormal DNA or genetic material. Cancer found in the human body contains several types. There are different methods of cancer treatment, depending on the organ type, which stage of the cancer condition and patients' conditions. The treatment also depends on the type and progression of cancer cells. Some patients may need a variety of ways for cancer treatment. Chemotherapy is one way to treat cancer, which is commonly acceptable at present [5]. Chemotherapy is a method which uses chemical agents or drugs to

destroy cancer cells in the cell cycle or use of chemicals or drugs to inhibit the growth and spread of cancerous cells. Chemical agent will go through all the systems of the body. However, treatment with chemotherapy can cause side effects. The patient will be affected by physical, mental, social conditions and complications, physically, mentally and socially, all of which affect patients' self-care behaviours.

The objective of chemotherapy is to stop the growth of cancer cells which abnormally divide rapidly. However, some normal cells will be affected by chemotherapy, such as cells lining the gastrointestinal tract, bone marrow cells and hair follicles. These side effects are commonly found in all patients. While receiving treatment, there are complications which the patient would suffer from uncomfortable feelings. Symptoms include fatigue, anorexia, nausea, vomiting, mouth sores and low white blood cell. Low platelets can cause abnormal bleeding [6].

Health personnel are responsible for encouraging and promoting proper self-care of the patients being treated with chemotherapy. Self-care behaviours are preparation before receiving chemotherapy, self conduct during and after chemotherapy and self-care at home. This way, patients can return to normal life in their own environment and society [7].

The investigator from the past experience found that most of the cancer patients are unaware of the side effects of chemotherapy. The investigator has decided to impart structured teaching program me on self care management of selected side effects of chemotherapy for a patient who receiving first line of chemotherapy

**Objectives**

The objectives of the study are to assess the level of knowledge, to determine the effectiveness of Information Booklet on selected side effects of chemotherapy among patients with cancer and to associate the level of knowledge with selected demographic variables of patients with cancer

**Hypothesis**

**H1:** There is a significant difference in the knowledge of patient regarding the selected side effects of chemotherapy among patients with cancer.

**Methodology**

**Research Design:** Pre-experimental design was chosen for this study

**Population:** The study population included all the patients who are diagnosed as cancers under chemotherapy as treatment.

**Sample:** All the Patients with cancer under chemotherapy as treatment and fulfilling the criteria are selected as samples.

**Sample Size:** The sample size consisted of 60 patients who had satisfied the inclusion criteria.

**Sampling Technique:** Sixty samples were selected by using convenient sampling technique.

**Criteria for Selection of Sample**

**Inclusion criteria:**

1. Patient who are aged 15 yrs and above.
2. Patient who are at I, II, III stage of cancer.
3. Patients who can speak and understand Tamil (or) English.
4. Patient who are willing to participate.

**Exclusion criteria:**

1. Patient who are at IV<sup>th</sup> stage of cancer.
2. Patient who are in II cycle of chemotherapy.
3. Patient who could not follow the instructions

**Description of Instrument**

The instrument used for collection of data was an interview schedule by using structured questionnaire regarding self care management of selected side effects of chemotherapeutic drugs.

The following tool was selected to generate the data.

**Section I:** Demographic data in relation to age, sex, religion, education, occupation, Monthly income, marital status, type of disease, food Habit and health information Obtained through.

**Section II:** Structured multiple choice questionnaire was used to assess knowledge regarding self care management of selected side effects of chemotherapeutic drugs among patients with cancers.

**Score Interpretation:**

The scores were categorized as follows

Sino	Questions	Score	Level of Knowledge
01	1 - 10	< 50%	Inadequate Knowledge
02	11 - 15	55 – 75%	Moderately Adequate

			Knowledge
03	16 - 20	80 – 100 %	Adequate Knowledge

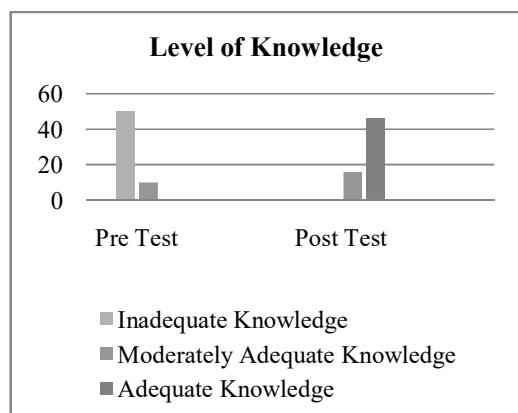
**Results:**

**Table 1: Distribution of the Level of Knowledge on Self Care Management of Selected Side Effects of Chemotherapeutic Drugs in Pre Test.**

N=60

Level Of Knowledge	Pre Test		Post Test	
	N	%	N	%
Inadequate Knowledge	50	83.4	0	0
Moderately Adequate Knowledge	10	16.6	14	26.6
Adequate Knowledge	0	0	46	73.4

Out of 60 patients 50 (83.4 %) of them had inadequate knowledge and 10 (16.6 %) of them had moderately adequate knowledge and none of them are having Adequate knowledge. Out of 60 patients 14 (26.6 %) of them had moderately adequate knowledge and 46 (73.4%) of them had Adequate level of knowledge.



**Figure 1: Shows the Pre-test and Post-test Knowledge Score level on Self Care Management of Selected Side Effects of Chemotherapeutic drugs.**

**Table 2: Over All Mean and Standard Deviation of Level of Knowledge on Self Care Management of Selected Side Effects of Chemotherapeutic Drugs.**

Test	Mean	Standard Deviation
Pre-test	2.9	6.35
Post-test	21.8	3.77

The Mean and Standard deviation on Pre-test score was 2.9 and 6.35. The same in post test knowledge score were 21.8 and 3.77

**Table 3: Effectiveness of Information Booklet on Self Care Management of Selected Side Effects of Chemotherapeutic Drugs among Patients with Cancer.**

Method	Paired “t” – Test Value
Effectiveness Of Structured Teaching Programme	22.49 Df: 59 P<0.001 S

It is evident from Table 3 that the calculated ‘t’ values are greater than table value (t = 3.460, P<0.001) showing that there was significant difference in the pre- and post- on self care management of selected side effects of chemotherapeutic drugs.

The chi-square test revealed that there was no significant association with sex, education, occupation, income, marital status, type of disease, family history, food habits and cancer information obtained from at the level of P<0.05.

**Recommendations**

1. A similar study may be undertaken on a large sample
2. A study can be done with other therapies of cancer to prevent complications

**Conclusion**

Everyone experiences chemotherapy differently depending on the medications used and other factors, such as age, sex, and general health. Management of chemotherapy side effects has made remarkable progress over the last few decades, and many of these can be controlled with medications and other therapies.

**References**

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