

# Investigation on the Quality of Life of Patients with Tumor Radiotherapy

Fanjun Meng, Yubiao Chen, Canxin Li, Meisheng Zhuang, Jiyu Wang, Bin Chen

Department of Radiotherapy, Jieyang People's Hospital, Guangdong Province, Guangdong 522000

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**Abstract.** To explore the quality of life and nursing strategies during radiotherapy of cancer patients. Methods: A total of 350 patients with tumor radiotherapy were interviewed and questionnaires were investigated by QLQ - C30. Results: The overall quality of life of patients with tumor radiotherapy decreased significantly. The body function, function, cognitive function and social function of the patients were significantly damaged, especially in fatigue, pain, nausea and vomiting, shortness of breath, insomnia, loss of appetite Constipation, diarrhea and other symptoms, the larger economic consumption is also an important factor in the decline in quality of life. Conclusion: The quality of life of patients with cancer decreased during radiotherapy. Through the analysis of quality of life, effective nursing care should be given to the related influencing factors to improve the quality of life of patients.

## Introduction

Cancer poses a serious threat to human life and health, and cancer patients suffer from the intolerance caused by the disease itself and the various side effects caused by radiation therapy have seriously affected the quality of life of patients. With the current medical model continues to change, the new biological - psychological - social medical model gradually forming, the community for the quality of daily life of cancer patients to give more and more attention. In the current clinical exploration, the quality of life of cancer patients is the focus of its research work, a lot of research data strongly support the clinical treatment and nursing program formulation and selection. The study conducted a questionnaire survey of 100 patients with tumor radiotherapy in the hospital from June to December 2012, and analyzed their quality of life, and discussed the corresponding nursing measures.

## Clinical data

In this study, 100 patients with tumor radiotherapy were selected as the subjects, including 44 males and 56 females, aged 22 to 74 years, mean age 45.5 years, 39 cases of nasopharyngeal carcinoma, 26 cases of lung cancer, 11 cases of laryngeal cancer , 9 cases of rectal cancer, 8 cases of breast cancer, 7 cases of cervical cancer. The QLQ-C30 scale was used to evaluate the quality of life of patients. The results showed that patients with radiotherapy showed a general trend in their personal quality of life, and the patients' roles, cognition, physical and social functions were different. Showing nausea and vomiting, fatigue, pain, insomnia, shortness of breath, diarrhea, constipation and loss of appetite. In addition, another important factor in the quality of life is economic embarrassment. Randomly divided into observation group and reference group of 50 cases, given the reference group of patients with routine care, observation group of patients on the basis of conventional care supplemented by psychological care and social support.

## **Analysis of quality of life in patients with radiotherapy**

In cancer patients, most patients will breed pessimism, depression and anxiety and other negative emotions, and difficult to avoid. In the cancer treatment program, radiotherapy is the main means, with the treatment time is prolonged, the radiation dose also increases, the patient during treatment of increasing the adverse effects of radiation adverse reactions are also deepening, often worried about their own Daily life caused by the impact of both recurrence and metastasis of the fear, leading to continued exacerbations. At the same time there are some patients on the disease and the corresponding lack of adequate understanding of the treatment of knowledge, can easily lead to the occurrence of negative emotions, seriously affect their cognitive, psychological and social functions. In the process of radiotherapy, including vomiting, pain, insomnia, shortness of breath, diarrhea, constipation and loss of appetite and other adverse reactions will also affect the social relationships, family life, physical function of patients [2]. In addition, due to longer duration of radiotherapy, high treatment costs, family economic conditions are more embarrassing patients tend to have a great psychological burden, and even some patients to interrupt the treatment, or give up the best program, serious Affecting the treatment process and treatment.

Malignant tumor research has focused on the pathogenesis of cancer and the treatment of cancer patients. With the continuous progress of medical technology, the number of long-term survival of cancer patients after treatment increased year by year, has developed into a specific population. However, malignant tumor disease and tumor treatment are usually greater damage to the body function, and mental health, family social function and social support, mental state, etc. have a greater negative impact. How can malignant tumor survivors consciously prevent at the beginning of the diagnosis and treatment? How to recover from the long-term complications that have occurred? How can cancer patients get rid of the physical and psychological attacks and worries caused by the tumor? How effective is the evaluation of the effectiveness of interventions? How are the long-term survivors of rehabilitation to reintegrate into society? Many problems are urgently needed to be addressed. Therefore, medical research on the quality of life of cancer patients is increasingly valued. For example, the American Cancer Institute has the Office of the Cancer Survivors Association, which aims to develop the best treatment plan to reduce long-term complications, to collect patient medical and psychological data, to carry out educational work, to provide counseling to the patients, to help them reduce Or to avoid new diseases, improve the quality of life.

## **Multivariate analysis of quality of life in patients with malignant tumors**

Psychological factors that affect the quality of life: malignant cancer patients with more serious anxiety and depression, these adverse emotional experience will seriously affect the patient's social role and physical function. Hu Yan et al [7] study showed that the initial diagnosis of malignant tumors showed moderate anxiety, six months after the anxiety did not change significantly, but the depression was aggravated, depression affect the role of the recovery of patients, its And the marriage and family roles related to poor. Zhang Jinfang and other studies have shown that 247 cases of malignant tumor patients with occult depression ratio of about 40%, the incidence is higher than other patients with common cancer, depression affects the patient's general physical function, and lead to a variety of autonomic disorders The Mental health status of patients with a greater impact on the overall quality of life, cancer 1 years of depression in patients with high incidence of depression, patients should be carried out as soon as possible related to psychological rehabilitation intervention.

From the perspective of the measurement of the dimension, the management profession was positively correlated with the psychological state ( $P < 0.05$ ). The management profession helped to promote the adjustment of the psychological state. There was a negative correlation between mental illness and psychological status ( $P < 0.05$ ), which had a negative effect on mental health. Psychological status of only 245 qualified, the pass rate is only 38.34% (Table 1), suggesting that

the psychological state of the general impact of the quality of life of patients with malignant tumors. Psychological behavior intervention in improving the overall quality of life of cancer patients, improve immune function and prolong survival has an important role [9]. In this project, mental health dimensions include whether to feel depressed, despair, pain, anxiety, fear of metastasis, confidence in the future, dedication and survival attitude. Medical staff should be psychological intervention, such as cognitive therapy, group cancer treatment (group method) and so on. The project implemented a comprehensive psychological intervention measures to "group anti-cancer" new intervention model, so that patients in the group can get more social identity and sense of belonging, help to improve the patient's psychological status, so as to comprehensively improve the patient The quality of life.

Social function and social support factors: In addition to physical and mental health damage, the malignant tumor patients also face more serious social family function retreat problem. WHO's definition of health emphasizes the significance of the social function of the state, but the malignant tumor patients due to illness and fear of the disease and because of the economic pressure of treatment, easy to produce family social relations, responsibility shuffle, role function weakened and social Retreat and other social function defects and other issues. The degree of social function damage even more than the body, psychological damage is more serious.

With the further improvement of the clinical treatment of malignant tumors, the existence of a large community of cancer survival groups, the project hopes through the social and family roles of intervention activities, so that some patients can return to society, to play its original functions, This will not only reduce the burden on the family, society and the country, while will greatly improve the quality of life of patients, is conducive to patient rehabilitation.

### **Analysis of Nursing Countermeasures**

Hospital and health care workers should pay attention to the strengthening of communication between doctors and patients, adhering to the "people-oriented" concept, patient-centered, the implementation of humanistic care, efforts to create a quiet and comfortable hospital atmosphere for patients to ensure the ward environment comfortable and clean. Health care workers should be warm reception of patients, and guide their familiar with the hospital environment, so that the strange feeling to be eliminated as soon as possible. At the same time, you can also use the publicity books, health education manuals, knowledge lectures and individual conversations and other forms of basic knowledge of the disease, so that patients and their families on the disease knowledge and treatment measures have a basic understanding; patiently and patiently to the various types of operation Purpose and meaning, so that patients can have a correct understanding of the disease. In addition to the basic knowledge of radiation therapy, clinical effects, the possible side effects during treatment and patients should pay attention to one by one to explain to the patient, while helping patients to establish treatment confidence at the same time, to scientifically understand the tumor and the corresponding Of the radiotherapy measures to improve patient compliance, and with the clinical treatment and care work actively cooperate [3]. Health care workers should communicate with the patient to actively communicate with each other, patiently listen to the patient complaints, and take effective measures to enlighten the patients, including the implementation of hypnosis, distraction and relaxation training, including psychological and behavioral interventions, and actively guide patients to participate in the Class activities to facilitate the exchange of patients with negative emotions to eliminate, so that the body and mind to maintain pleasure. The above measures are of great importance to the improvement of the quality of life of patients, the improvement of social function and the improvement of somatic symptoms.

In life, health care workers should always care about patients and be enough to help and support, improve patient compliance, and thus take the initiative to cooperate with the care and nursing work carried out. Should pay attention to family - social support and be continuously improved, should pay attention to the patient's family and friends to strengthen ideological work, to guide their frequent visits to patients, and patients to communicate, is conducive to adjust their mental state, reduce their psychological pressure, establish treatment self-confidence And healthy upward

optimism. In addition, the nursing plan for patients after discharge should encourage the family members to actively participate in the development, and to carry out appropriate functional exercise, the patient thus improve the self-care ability, benefit the overall quality of life improvement.

## **Conclusion**

Cancer poses a serious threat to human life and health, and cancer patients suffer from the intolerance caused by the disease itself and the various side effects caused by radiation therapy have seriously affected the quality of life of patients. With the current medical model continues to change, the new biological - psychological - social medical model gradually forming, the community for the quality of daily life of cancer patients to give more and more attention. In the current clinical exploration, the quality of life of cancer patients is the focus of its research work, a lot of research data strongly support the clinical treatment and nursing program formulation and selection.

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