



The 3rd International Gastrointestinal Cancer Congress



Effect of blend education programs in bowel problems affecting the quality of life of cancer patients of Ahwaz in 2014

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Abstract

Introduction & Aim: It is estimated that the incidence of cancer by 2025, developed countries will increase by about 45%. The nature of cancer and its treatments such as chemotherapy, surgery and radiation therapy, changes the course of life and causing a lot of problems that all these problems can be all physical, psychological, social, economic and the patient's family. This experience psychological and physical symptoms such as constipation and diarrhea symptom indices cancer patients can have a major impact on quality of life. This article is part of a research with IRCT2015012720834N1 cod where we decided to the impact of blend educational program for bowel issues that affect the quality of life for cancer patients Shafa 2014 measure.

Methods: This study is a clinical trial. 64 patients aged over 16 years with one of the three breast, prostate or colon that period were experienced by chemotherapy and radiotherapy and not the end stage, in two intervention groups (blend education) and controls were examined. For the intervention group held two sessions of training course within a week and a diskette training was given to these patients. Indicators of constipation and diarrhea patients in both groups, EORTIC QLQ30 using a questionnaire before the intervention, one and two months after intervention were measured. The findings by using independent and paired t-test were analyzed.

Results: The scores for the indicators constipation and diarrhea in the intervention group were improved ($P<.005$).

Conclusion: According to the research results will be consolidated training program can improve problems thereby improving the quality of life of cancer patients and palliative medicine, the method is effective. Therefore, this method can be used in training unit oncology centers.

Key words: quality of life, blend education, bowel problems, cancer patients.