

Quality of Life of Breast Cancer Survivors of the University Hospital, Kotelawala Defence University, Sri Lanka

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Abstract

Breast cancer is the leading malignancy among women in Sri Lanka. Breast cancer survival rates have improved due to earlier detection and treatments. However, the patient's quality of life is still questionable. A descriptive cross-sectional study was carried out to assess the quality of life of breast cancer survivors at Kotelawala Defence University, Sri Lanka. The convenience sample approach was utilized to collect data on 112 patients who had completed treatments at University Hospital KDU from the 1st of May 2019 to the 30th of May 2022. A self-administered questionnaire, validated interviewer-administered EORTC QLQ-C30 questionnaire and validated interviewer-administered EORTC QLQ-BR23 questionnaire were used to collect the data. Spearman correlation, Mann-Whitney U test and Kruskal-Wallis H tests were done by using the SPSS version 25. The mean scores for physical function, role function, emotional function, cognitive function, and social function were 76.16 (± 19.53), 81.44 (± 18.07), 82.22 (± 18.53), 79.33 (± 13.86), and 98.36 (± 6.303). The mean scores for systemic therapy side effects, hair loss, arm symptoms, breast symptoms, body image, sexual functioning, and sexual enjoyment were 17.78 (± 16.48), 23.80 (± 31.66), 22.09 (± 18.90), 7.80 (± 12.40), 89.45 (± 14.57), 98.06 (± 8.28), and 63.73 (± 37.91) respectively. Quality of life is significantly improved by reducing symptomatic problems and increasing functional scales among breast cancer survivors. The prevalence of breast cancer increased with age while younger patients had a better quality of life. Sexual pleasure was lacking. The type of breast surgery did not affect the quality of life. According to the findings, health education and a sensitive monitoring system are needed to assess women's practices while emphasizing the consequences of breast cancer.

Keywords: *Quality of life, Breast cancer survivors, EORTC QLQ-C30, EORTC QLQ-BR23*