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Quality of Life Among Breast Cancer Survivors: A Review of Literature

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Quality of Life Among Breast Cancer Survivors

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PATIENT CARE ISSUE

Background & Significance

- Breast cancer is the most common type of cancer among women worldwide
- 1.67 million women were diagnosed with breast cancer worldwide in 2012
- Because of better treatment and early diagnosis, mortality rate has decreased 39% between 1989 and 2015 in the United States
- With increasing survival rates, there is an increasing demand for care for survivors
- Survivors face many challenges that decrease their perception of quality of life (QOL)
- Nurses play important roles in advocating for breast cancer survivors (BCS) and educating on how to improve their QOL

EVIDENCE-BASED PRACTICE QUESTION

Question: How do women who survived a diagnosis of breast cancer perceive their quality of life?

P - Women

I - Diagnosis of Breast Cancer

O - Quality of Life

REFERENCES


11. Survivors face many challenges that decrease their perception of quality of life (QOL).

12. Mentally ill is associated with lower QOL.

13. Comorbidities, older age, later stage cancer, shorter duration of cancer, and deprivation of patients were associated with a decrease in QOL.

METHODS

- Databases: MEDLINE, PsychINFO, CINAHL Plus, MEDLINE with full text, SocINDEX with full text
- Inclusion: Written in English
- Exclusion: Articles that did not address quality of life
- Appraisal: All articles were appraised with Johanna Briggs Critical Appraisal Tool

SYNTHESIS OF EVIDENCE

- Healthy behaviors, especially physical activity, are associated with increases in QOL.
- Higher income and ability to perform activities of daily living were associated with increases in QOL.
- Mental illness is associated with lower QOL.
- Comorbidities, older age, later stage cancer, shorter duration of cancer, and deprivation of patients were associated with a decrease in QOL.

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- This review of literature was guided by the Iowa Model of Evidence Based Practice to Promote Quality of Care.
- There is not sufficient evidence to recommend a change in practice.
- Additional research is needed.

LIMITATIONS

- Limitations: The broad scope of our review produced limitations that affect generalizability of the results.
- Areas for further research:
  - Evaluate how a specific factor affecting QOL in breast cancer survivors is perceived among different populations.
  - Evaluate how a young or old age affects the perception of QOL in breast cancer survivors.