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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 worldwide¹
- 1.67 million women were diagnosed with breast cancer worldwide in 2012¹
- Because of better treatment and early diagnosis, mortality rate has decreased 39% between 1989 and 2015 in the United States²
- 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

REGISTERED NURSE INTERVIEW

Interviewed a registered nurse who works on an oncology floor

- Regarding education for BCS
 - Education must be appropriate for women’s level of understanding
 - Connect women to resources they might not know they even need
 - Teach interdisciplinary classes on nutrition, exercise, education, and expressive art
 - Lead support groups for women and their families
- Regarding nurses advocacy for BCS
 - Holistically assess and care for mind, body, and spirit
 - Encourage use of resources

METHODS

Databases:

- MEDLINE
- PsycINFO
- CINAHL Plus
- MEDLINE with full text
- SocINDEX with full text
- Academic search complete
- Cochrane Database of Systematic Reviews
- Cochrane Central register of controlled trials
- Psychology and Behavioral Sciences Collection

Key Words:

- Quality of life
- Breast cancer survivors

Inclusion:

- Written in English
- Focused on quality of life
- Female breast cancer survivors
- Published between 2007 and 2017

Exclusion:

- Current breast cancer patients
- Articles that did not address quality of life
- Articles that did not talk about how factors affected quality of life

Appraisal:

- All articles were appraised with Johanna Briggs Critical Appraisal Tool

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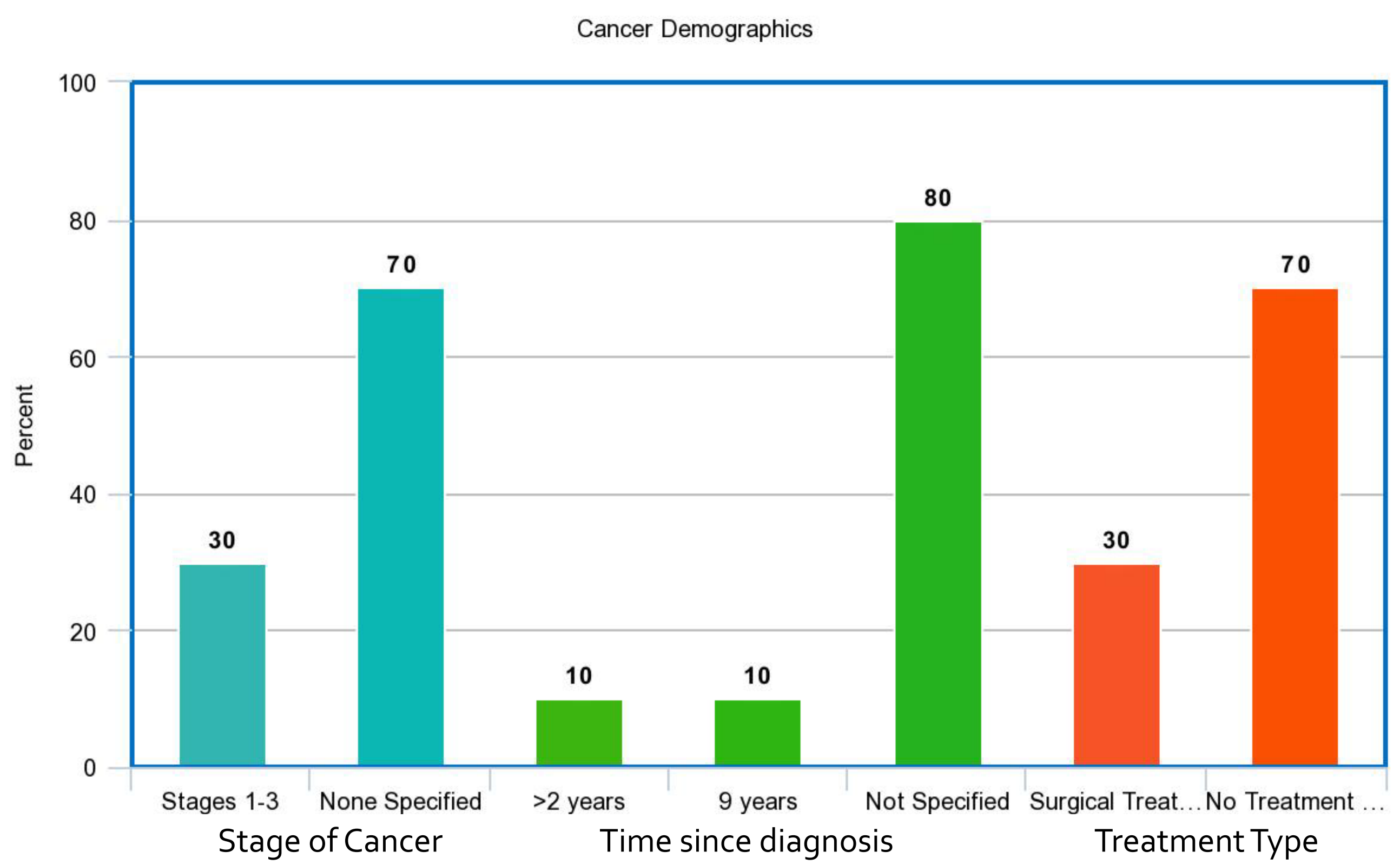
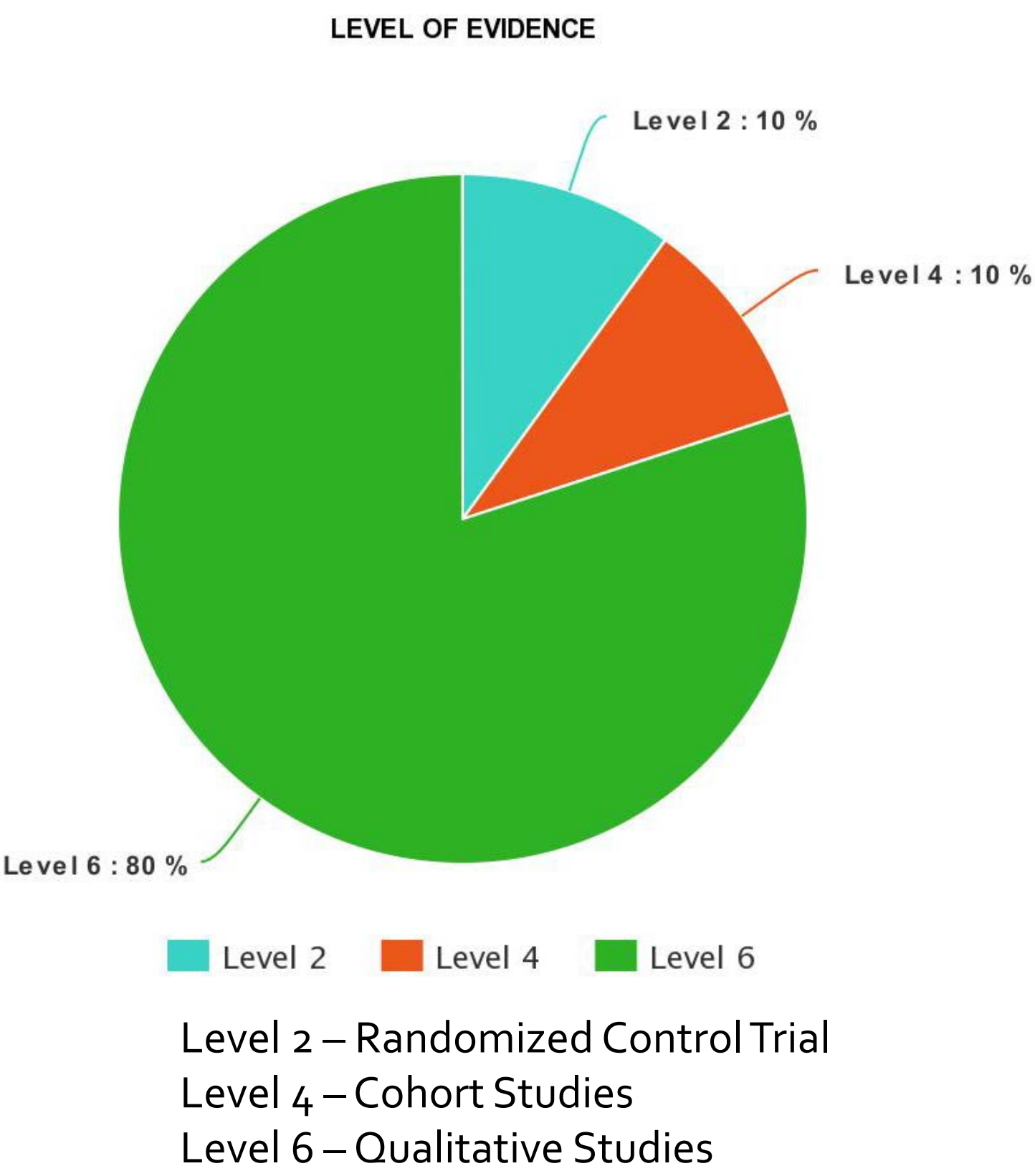
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RESULTS

- Number of articles found: 2,717
- Number of articles used: 10
- Sample:
 - Location:
 - America^{3,4,5}
 - Australia⁶
 - Austria⁷
 - China⁸
 - France⁹
 - Korea^{10,11}
 - Taiwan¹²
 - Stage of Cancer:
 - Stage 1-3^{6,10,11}
 - Did not specify^{3,4,5,7,8,9,12}
 - Age:
 - Over 16⁸
 - Over 18⁴
 - 18-70⁶
 - Over 20¹²
 - Over 65³
 - Not specified^{5,7,9,10,11}



SYNTHESIS OF EVIDENCE

- Healthy behaviors, especially physical activity, are associated with increases in QOL^{4,6,7,8,10}
- Higher income and ability to perform activities of daily living were associated with increases in QOL^{3,7,12}
- Mental illness is associated with lower QOL^{5,7,11}
- Comorbidities, older age, later stage cancer, shorter duration of cancer, and deprivation of patients were associated with a decrease in QOL^{7,9,12}

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

This review of literature was guided by the Iowa Model of Evidence Based Practice to Promote Quality of Care¹³

- 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.