

MOTHERS' EXPERIENCES IN DEALING WITH FATIGUE IN CHILDREN WITH CANCER

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INTRODUCTION

Cancer-related fatigue has been known as the most cancer and therapy consequences experienced by patients. One out of two children in Indonesia complained fatigue. Children needs mothers help to manage their fatigue effectively, unfortunately mothers' self-efficacy needs to be improved.



OBJECTIVES

This research aims to explore mothers' experiences in dealing with fatigue in children with cancer.

METHODS

Qualitative research using phenomenology approach applied to ten mothers recruited by purposive sampling technique. Interview held in children oncology wards in one cancer center. Semi structure interview applied to each participant and verbatim until data saturated. Data analyzed use theme analysis. Ethical clearance as well as ethical principal applied during and after data collection. Each participant was invited to validate the results as themes and categorizes. Symptom management model revised (UCSF) use as the research framework, especially in symptom experience domain.

RESULTS

Mother' s age ranged were 36-50 years old, average education 13.8 years, 7 out of 10 were housewife. Six out of 10 children were girls; average education was 3.3 grades, Cancer diagnosis were Leukemia Lymphocyte Acute (3), Lymphoma Non Hodgkin (4) and others. Mostly children have chemotherapy sessions.

- sleep problems
- more tired for routine activities

before
therapy

- pain, anxiety
- nausea - vomit
- not interest to others
- sleep problems

during
therapy

- eat difficulty
- try to keep routine activities

fatigue after
therapy

- physical response
- emotional response
- environment

aggravating
conditions

- calm activity
- limited physical activity
- friends connections

mitigating
conditions

- School absenteeism
- dependent care

fatigue
impact

"... longer nap time..." (P5)

"...child experienced more pain during chemo..."(P3)

"...Children were often angry to the mother..."(P7)

"... child stayed school unless he feels fatigue then permit to go home..." (P5)

"...teacher and classmates often visited child..."(P5)

"...child went to school only for two week out of a month..."(P2)

"...my child was blind, so I took care of his personal hygiene..." (P4)

CONCLUSIONS

In conclusion, nurses should pay attention to mothers' experiences in dealing with fatigue and develop nursing care to empower mother in helping their children reducing fatigue.

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