

IMPLEMENTATION OF FATIGUE MANAGEMENT MODEL TO QUALITY OF LIFE IN CHILDREN WITH CANCER: INDONESIA EXPERIENCE



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INTRODUCTION

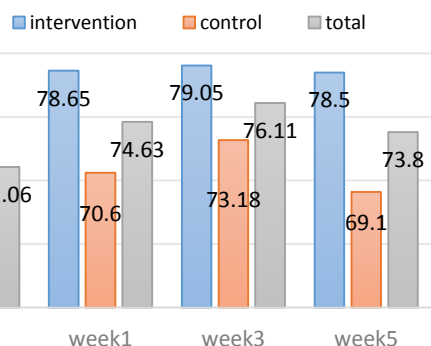
Fatigue prevalence in Indonesian children with cancer was 44.2%. Children with cancer may benefit from the fatigue management education to increase their quality of life, however limited data to children in Indonesia.

OBJECTIVES

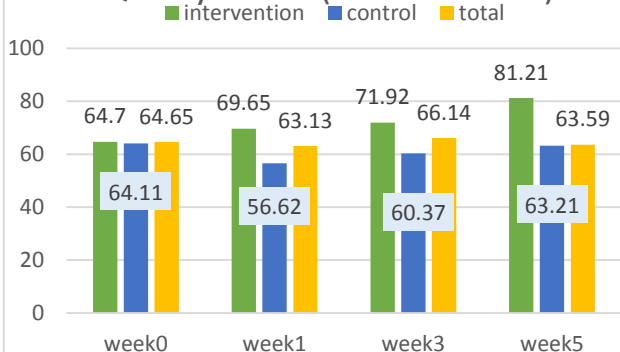
This research aims to measure the effectiveness of fatigue management education to quality of life among children with cancer.

RESULTS

Fatigue score in four measures



Quality of Life (Cancer Modul)



Multidimensional Fatigue:

- within group: p value <0.001
- between group: p value <0.001

PedsQL Cancer Modul (QoL):

- within group: p value <0.001
- between group: pvalue<0.001

Peds Generic (generic QoL)

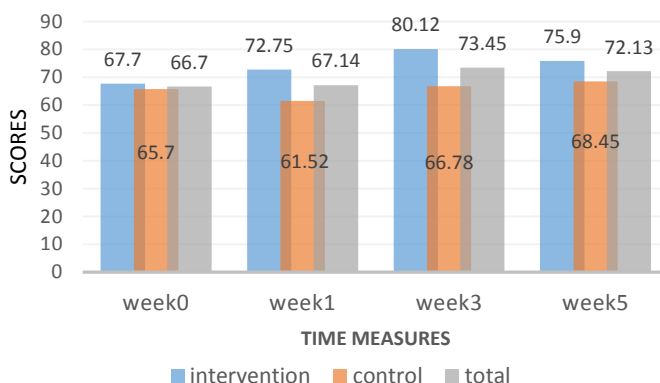
- within group: p value <0.001
- between group: pvalue <0.001

METHODS

Quasi Experiments using repeated measure applied to two groups. Fatigue management model focused on self-efficacy mothers of children with cancer. Fatigue management education consisted of six topics (pain management, nutrition management, sleep hygiene, anxiety management, light exercise and energy conservation) were given to intervention group. The control group received standard of nursing care.

Intervention group consisted of 43 children undergoing cancer therapy, 38 children assigned to control group. All samples recruited by consecutive sampling techniques in three cancer centers in Jakarta and West Java. Samples were measured four times for T0 (pre education), T1 (week 1), T2 (week 3), and T3 (week 5) for quality of life using PedsQL fatigue multidimensional scale, PedQL generic scale and PedsQL cancer module. Higher scores means higher QoL.

Generic Quality of Life



Conclusions: Fatigue management model focused on self-efficacy mothers of children with cancer is effective declining multidimensional fatigue, improving quality of life for cancer and quality of life for generic in children with cancer.

Acknowledgment: Patient and parents in Cipto, Dharmais, Hasan Sadikin Hospital (Indonesia), Ministry of Education Grant 2015.

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