

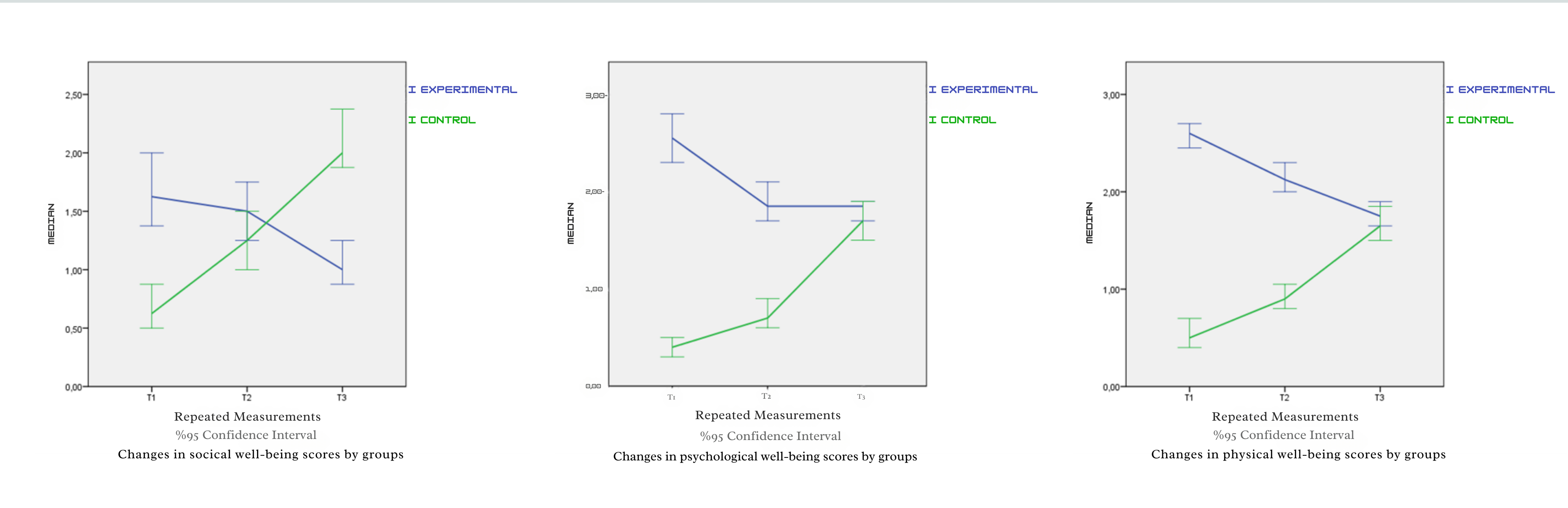
EFFECTIVENESS OF MOBILE BASED MONITORING SYSTEM IN THE MANAGEMENT OF CHEMOTHERAPY RELATED SYMPTOMS

INTRODUCTION

This study was conducted to evaluate the impact of the ONKOSIS mobile application, developed within the scope of the study, on the management of chemotherapy-related symptoms and quality of life.

METHODS

This single-blind, randomized controlled trial at Kocaeli University Semahat Araci Oncology and Palliative Care Center involved 199 patients. Simple randomization assigned 98 patients to an interven tion group using the ONKOSIS mobile app alongside standard care, while 101 control group patients used a demo app. Data collection included diagnostic and symptom assessment tools, coping forms, and satisfaction surveys. Follow-ups were conducted after specific chemotherapy cycles: the 2nd, 3rd, and 4th for four-cycle regimens, and the 2nd, 4th, and 6th for six-cycle regimens.



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RESULTS

The study group consisted of patients with a mean age of 47.18±13.83, 41.7% of whom were elementary school graduates, 74.4% female, 81.1% married, 38.2% housewives, and 74.4% residing in Kocaeli. 26.6% of the patients were receiving treatment for gastrointestinal cancer, 21.6% for breast cancer, and 17.1% for lung cancer, with treatment cycles of 2, 3, or 4 weeks. The sociodemographic and clinical characteristics of the patients in the intervention and control groups were similar. During the treatment process, the use of the ONKOSIS mobile application improved patients' quality of life, enhanced symptom management, and positively affected patient satisfaction, but did not reduce visits to healthcare institutions outside of follow-up.

CONCLUSION

In conclusion, the ONKOSIS mobile application was found to be an effective tool in supporting symptom management and improving the quality of life for cancer patients during the treatment process. It was determined that the widespread adoption of the mobile application in cancer care could contribute to improving patient outcomes and enhancing care quality.

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