

Effect of bladder cancer on patient lifestyle at Al-Najaf Al-Ashraf Oncology center

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Abstract: A descriptive study used to find effects bladder cancer on patient's lifestyle, the study was carried out the period from November 2016 to march 2017. The study aims to find out effect of bladder cancer on patient lifestyle at Al-Najaf Al-Ashraf oncology center. A purposive sample involved (25) patients who attended to the oncology Center. The data were collected using a screening questionnaire (main domain of life style), to determine the effect of bladder cancer on patient's life style. The study was analyzed by use of descriptive and inferential statistics. As a result of the study show the highest percentage increase was for males (72%), also show the bladder cancer effect on patient life style. The study concludes that the bladder cancer most commonly effected elderly people. And the study indicates that the majority of the study sample was married (84%). The study recommended the following special training sessions for nurses that working in the oncology center to improve their knowledge about life style problems related to the patient with bladder cancer which reflect on nurse's performance and create especial teaching room for nurses to educate the patients about their disease and developed their ability to improve quality of life.

Keywords: Effect, Cancer, Patient, Life style, Oncology.

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I. Introduction

Bladder cancer is the fourth most common malignancy in world (after prostate, lung, and colon cancers) and accounts for approximately 5–10% of all cancers in Europe and the United States (American cancer society, 2015). Bladder cancer is the growth of abnormal tissue known as a tumor that develops in the lining of the bladder is happening. Spread of the tumor in some cases to the surrounding muscles. Lifestyle-related risk factors affect the chance of having bladder cancer such as family history. People whose family members have had bladder cancer have a higher risk. People who inherit certain gene syndromes also have a higher risk of bladder cancer⁽¹⁾

Smoking is a key factor for bladder cancer incidence increases its incidence is two to four times when smokers and causing the death of about 50% of sufferers. That is why the cigarette smokers are exposed to more than twice the risk of developing bladder cancer than non-smokers, and heavy smokers are more likely to die a little bit compared to smokers. Bladder cancer is approximately five times more frequent in men than in women. It is estimated that in 2008, 27 out of 100,000 men and 5 out of 100,000 women developed bladder cancer. Of all cancers, bladder cancer is the 4th most common cancer in men, and the 13th most common cancer in women⁽²⁾

Bladder cancer mortality is strongly related to age. Bladder cancer occurs most frequently in elderly people overall, 70% of patients developing bladder cancer are diagnosed after the age of 65 years, with the highest mortality rates being in older men and women and Cancer can affect all age groups even when human fetuses, but the risk incidence increases whenever human progress in age.⁽²⁾

The bladder cancer effect on patient's lifestyle as example, feeling fatigue is a very common problem during and after cancer treatment, fatigue lasts a long time after treatment and can keep them from staying active. Exercise can actually help reduce fatigue and the sense of depression that sometimes comes with feeling so tired, and eating right can be hard for most people, but it can get even tougher during and after cancer treatment. Treatment may change sense of taste. Nausea can be a problem. may not feel like eating and lose weight.⁽³⁾

Doctor gives the patient some general guidance to change lifestyle such as Quit smoking, reduce risk of infection, make dietary changes, Exercise regularly, manage fatigue, Seek support, and Comfort measures. All of these activities can help to life style changes to Strengthen body so that can withstand some of the rigors of treatment. Optimize the function of immune system to aid in the fight against cancer. Improve emotional outlook, so can enjoy life to the fullest, even during treatment for bladder cancer. And avoid other medical problems that could complicate health⁽⁴⁾

Stage of bladder cancer Stage I. Cancer at this stage occurs in the bladder's inner lining but has not invaded the muscular bladder wall. Stage II. At this stage, cancer has invaded the bladder wall but is still confined to the bladder. Stage III. The cancer cells have spread through the bladder wall to surrounding tissue. They may also have spread to the prostate in men or the uterus or vagina in women. And Stage IV. By this stage, cancer cells may have spread to the lymph nodes and other organs, such as your lungs, bones or liver⁽⁵⁾.

Bladder cancers that have grown large enough or have spread to other parts of the body may cause other symptoms, such as Blood in the urine. Not being able to urinate. Lower back pain on one side, Loss of appetite and Changes in bladder habits⁽²⁾.

Optimal patient management requires an accurate knowledge of the stage and grade of the disease, and an appraisal of the risk of progression and recurrence is required to plan the best course of treatment. At every diagnostic and therapeutic step there exist opportunities to optimize outcomes. Recent advances in the management of bladder cancer include the use of fluoroscopic and cystoscopic detection, Radiation therapy, chemotherapy (National Cancer Institute. 2015). Cancer prevention requires smoking cessation, increased ingestion of fruits and vegetables, exercise, minimal meat consumption, and regular check-ups, in addition we provide evidence that cancer is a preventable disease that requires major lifestyle changes⁽⁶⁾.

It's important for people to have comprehensive knowledge about typical causes, clinical manifestation, risk factor, complication of bladder cancer and know changes of lifestyle for patients. Bladder cancer common among men and women who have crossed the age of fifty cancers, but it can be seen in all ages, even among children, which is more frequent in males three times. This will be the future prospects for the most people are very good if you have been diagnosed and treated early. And about 80% of patients with bladder cancer live for more than five years after the treatment of the disease⁽⁷⁾.

II. Methodology

Design of the Study:

Descriptive study designed to find effect of bladder cancer on patient lifestyle. The study was carried during the period from November 2016 to March 2017.

Setting of the Study:

The study was carried out in oncology center at of Al-Najaf Al-Ashraf City.

The Sample of the Study:

A purposive sample of (25) patients at oncology center who complain of bladder cancer.

The Study Instrument:

A questionnaire was developed for the present study to measure of life style of patients with bladder cancer. A questionnaire form was developed by the researchers to obtain appropriate answers, which includes:

Part one: demographical data include: (residence, sex, age, educational level).

Part two: medical history includes chronic conditions interfering with Ca-bladder: (Diabetes mellitus, Hypertension, chronic urinary tract infection. Trauma in pelvic area and Kidney stone)

Part three: main domain of life style includes:

- A. psychological domain
- B. physical domain
- C. Dietary domain
- D. Environment influence
- E. Daily activity

Part four: Complication of bladder cancer include: (Urinary tract infection, Urinary retention Urinary incontinence, Constipation, Sexual problems, Abdominal pain, Anemia and Emotional impact).

Data Collection:

Data collection: the data were collected through using of a questionnaire format by interview with patient that available in oncology center.

Statistical data analysis:

Data are analyzed through the use of statistical package of social sciences (SPSS) (version 17). The statistical procedures, which are applied for the data analysis and assessment of the results, included the following:

1. Percentage (%), and frequencies.
2. Standard deviation.
3. Chi-square.

III. Results

Table (1): Summery Statistics of the Patients' Demographic Data

Demographic Data	Rating And Intervals	Frequency	Percent
Gender	Male	18	72
	Female	7	28
Age / years	40-48	2	8
	49.00 – 56.00	3	12
	57.00 – 64.00	7	28
	65.00 – 72.00	10	40
	73.00+	3	12
Occupation	Non-governmental employee	4	16
	Retired	3	12
	Housewife	7	28
	Unemployed	11	44
Residency	Urban	12	48
	Rural	13	52
Marital status	Single	4	16
	Married	21	84
Levels of education	Illiterate	1	4
	Read and write	13	52
	Primary school graduated	6	24
	Intermediate school graduated	3	12
	Preparatory school graduated	1	4
	College graduated	1	4
Body Mass Index	Underweight	1	4
	Normal weight	14	56
	Overweight	9	36
	Obese	1	4
Economic status	Medium	14	56
	Low	11	44
Smoking	Smoker	8	32
	Non-smoker	17	68
Number of packs / day	Non-smoker	17	68
	1	4	16
	2	3	12
	5	1	4
Second hand smoker	Yes	18	72
	No	7	28
Duration of disease	<= 3	11	44
	4 – 8	12	48
	9+	2	8
Family history	Exist	6	24
	Not exist	19	76
Number of Sleeping hours	<= 8	20	80
	9+	5	20

Table (1): reveals that the majority of the study sample (72%) are male and the remaining are female, alsoshows that the vast majority of the study sample between(65– 72) of age groups and accounted for (40 %).In regarding to the subjects occupation, the most of study sample are unemployed (44 %). Regarding to the subjects marital status, the majority of the sample are married and they accounted for (84%) of the whole sample.Relative to subjects level of education, the greater number of them read and write and they are accounted for (52%) of the sample. Also this table shows that that the majority of study sample within normal weight (56%) in related to the Body Mass Index. The above table also illustrates the economic status in terms of (low and medium), the greatest percentage of the subject responses were medium and they accounted for (56%) of the sample. In regarding to the subjects smoking, the majority of study sample are non-smoker and they accounted for (68%) of the sample. Also this table shows that the high percentage of study sample are (yes) about (72%) in related to the second hand smoker. In regarding to subjects' duration of disease the high percentage of study sample within (4-8) years. In addition, this table illustrates the family history in terms of (Existand Not exist) and greatest percentage of the subject were not existing and they accounted (76%) of the sample.Furthermore, this table also shows that the majority of study sample are sleep less than eight hours and accounted (80%) of study sample in regarding to their number of sleeping hours.

Table (2): Summary Statistics of the Patients' medical history includes chronic conditions interfering with Ca-bladder:

Medical History	Rating	Frequency	Percent
Diabetes Mellitus	Positive	6	24
	Negative	19	76
Hypertension	Positive	10	40
	Negative	15	60
Urinary Tract Infection	Positive	16	64
	Negative	9	36
Trauma	Positive	7	28
	Negative	18	72
Kidney Stone	Positive	9	36
	Negative	16	64

The above table shows that the patients' medical history was negative in all disease (Diabetes Mellitus, Hypertension, Trauma and kidney stone) except in urinary tract infection there is positive history about (64%) of study sample.

Table (3): Summary Statistics of the Patients' Responses to the Physical Domain Items

Items	Rating	Freq.	%	m.s.	Assessment
Do suffer from discomfort and pain	Always	9	36	1.88	Moderate effect
	Sometimes	10	40		
	Never	6	24		
Do suffer of discomfort during movement	Always	9	36	1.92	Moderate effect
	Sometimes	9	36		
	Never	7	28		
Do suffer of discomfort during exercise	Always	7	28	2.08	Moderate effect
	Sometimes	9	36		
	Never	9	36		
Do you feel fatigue during walking 1km	Always	8	32	1.72	Moderate effect
	Sometimes	16	64		
	Never	1	4		
Do you feel fatigue during walking 3km	Always	7	28	2	Moderate effect
	Sometimes	11	44		
	Never	7	28		
Do you feel fatigue during walking more 3km	Always	10	40	1.96	Moderate effect
	Sometimes	6	24		
	Never	9	36		
you can go to sleep easily	Always	10	40	1.92	Moderate effect
	Sometimes	7	28		
	Never	8	32		
Do you suffer insomnia during sleep	Always	12	48	1.72	Moderate effect
	Sometimes	8	32		
	Never	5	20		

Table (3) shows that the study sample is moderately effected indicating by their responses to the physical domain items.

Table (4): Summary Statistics of the Patients' Responses to the Psychological Domain Items

Items	Rating	Freq.	%	m.s.	Assessment
Do you feel sad?	Always	1	4	2.56	Low effect
	Sometimes	9	36		
	Never	15	60		
Do you feel anxious?	Always	9	36	1.76	Moderate effect
	Sometimes	13	52		
	Never	3	12		
Do you feel depressed?	Always	9	36	1.76	Moderate effect
	Sometimes	13	52		
	Never	3	12		
Do you need helping others?	Always	14	56	1.48	Moderate effect
	Sometimes	10	40		
	Never	1	4		
does it hurt you when People talk about your disease?	Always	10	40	1.96	Moderate effect
	Sometimes	6	24		

Do you think about family future?	Never	9	36	1.52	Moderate effect
	Always	15	60		
	Sometimes	7	28		
Do you think of treatment cost?	Never	3	12	1.2	Moderate effect
	Always	20	80		
	Sometimes	5	20		
Do you think of disease progress?	Never	5	20	2.08	Moderate effect
	Always	13	52		
	Sometimes	7	28		
Do you have problem in remembering?	Never	5	20	1.96	Moderate effect
	Always	16	64		
	Sometimes	4	16		

According to the mean of score the above table shows that the bladder cancer has moderately effect on all item of patient psychological domain except when the patient asked "do you feel sad?" which reflect low effect.

Table (5): Summery Statistics of the Patients' Responses to the Dietary Domain Items

Items	Rating	Freq.	%	m.s.	Assessment
Do you drink enough water	Always	13	52	1.64	Low effect
	Sometimes	8	32		
	Never	4	16		
DO you use a lot of salt?	Always	6	24	2.2	Moderate effect
	Sometimes	8	32		
	Never	11	44		
Do you use high sugar?	Always	4	16	2.2	Moderate effect
	Sometimes	12	48		
	Never	9	36		
Do you eat a lot of red meat?	Always	1	4	2.28	Moderate effect
	Sometimes	16	64		
	Never	8	32		
Do you take fruit?	Always	6	24	1.76	Moderate effect
	Sometimes	19	76		
Do you take high vegetable?	Always	14	56	1.44	Low effect
	Sometimes	11	44		
Do you eat any food seem to irritate in such as fires	Always	1	4	2.6	Moderate effect
	Sometimes	9	36		
	Never	15	60		
Do you take dairy products	Always	6	24	1.84	Moderate effect
	Sometimes	17	68		
	Never	2	8		
Do you eat beans, peas, squash and yams?	Always	5	20	2.28	Moderate effect
	Sometimes	8	32		
	Never	12	48		

This table shows that the patients with bladder cancer are moderately effect in almost items related to dietary domain.

Table (6): Summery Statistics of the Patients' Responses to the Environmental Domain Items

Items	Rating	Freq.	%	m.s.	Assessment
Does there any factories in your area?	Always	2	8	2.84	Low effect
	Never	23	92		
Does there air polluters in your area?	Always	2	8	2.36	Low effect
	Sometimes	12	48		
	Never	11	44		
Does there chemicals or radiations in your area?	Never	25	100	3	Low effect
	Sometimes	23	92		
Does there noisy surrounding?	Never	2	8	2.08	Moderate effect
	Sometimes	15	60		
Does it good to drink filtered water?	Always	6	24	1.56	High effect
	Sometimes	15	60		
	Never	4	16		
Does area crowded?	Always	7	28	1.96	Moderate effect
	Sometimes	12	48		
	Never	6	24		

According to the mean of score, this table depicts that patient with bladder cancer have low and moderate effect by environmental domain except with item (Does it good to drink filtered water?) there were high effect.

Table (7): Summery Statistics of the Patients’Responses to the Daily Activity Domain Items

Items	Rating	Freq.	%	m.s.	Assessment
Are you practice exercise and fitness?	Sometimes	6	24	2.76	High effect
	Never	19	76		
Do you make time for rest and relaxation?	Always	13	52	1.56	Low effect
	Sometimes	10	40		
Are you interested in personal hygiene?	Always	16	64	1.4	Low effect
	Sometimes	8	32		
Do you Communicate with friends and relatives?	Always	15	60	1.52	Low effect
	Sometimes	7	28		
Do you wear baggy cloth?	Always	4	16	2.36	High effect
	Sometimes	8	32		
	Never	13	52		

This table shows that the bladder cancer has low effect on patient daily activity except in items (Are you practice exercise and fitness? Do you wear baggy cloth?) there is a high effect.

Table (8): Overall Patients’Responses to the Studied Domains with Overall Assessment of patients’ life style

Studied Domains	Rating	Freq.	%	m.s.	Assessment
Psychological Domain	Low Effect	6	24	2.0	Moderate Effect
	Moderate Effect	13	52		
	High Effect	6	24		
Physical Domain	Moderate Effect	20	80	2.2	Moderate Effect
	High Effect	5	20		
Dietary Domain	Moderate Effect	21	84	2.16	Moderate Effect
	High Effect	4	16		
Environmental Domain	Low Effect	16	64	1.36	Low effect
	Moderate Effect	9	36		
Daily Activity Domain	Low Effect	6	24	1.80	Moderate Effect
	Moderate Effect	18	72		
	High Effect	1	4		
Overall assessment of patients’ Life Style	Low Effect	3	12	1.88	Moderate Effect
	Moderate Effect	22	88		

Table (8) depicts over all response ofpatient with Ca-bladder on life style, the table shows that the all domainhas an effect on bladder cancer except the environmental domain shows low effect.

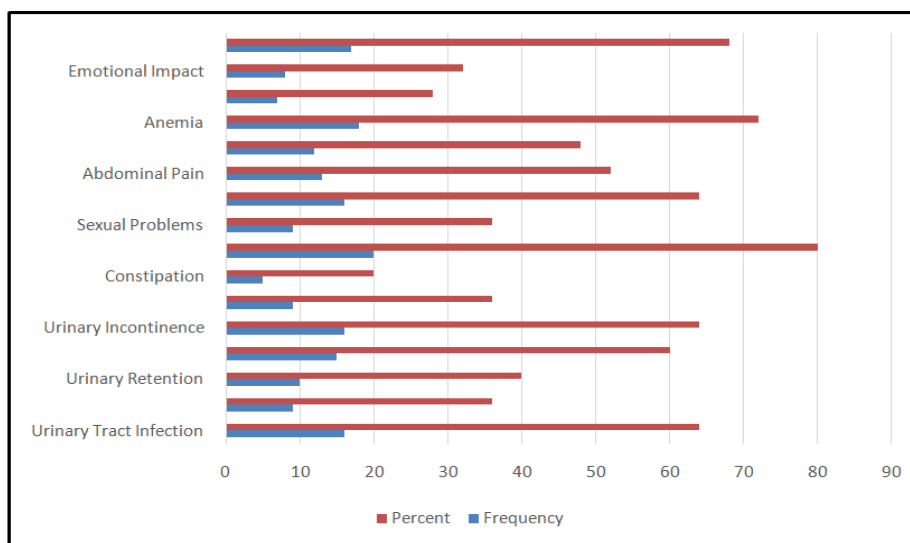


figure (1): Summery Statistics of the Patients’Responses to the Ca-Bladder Complications

This figure reveals that all complication has negative effect on Ca-bladder patient except urinary tract infection which has a positive effect.

IV. Discussion

Part – I: Discussion of Demographic characteristics for patient with bladder cancer:

The study result show that majority of the age of patients were within 40 years and above, and the majority of the study subjects (72%) male, also more patients is a marriage and socio – economic status is enough, and the living in urban residential area (48%) and the rural area is (52%), While Study result show that of smoking were 32% smoker. Also Study result show that Family history were (24%), and Study result show that Number of Sleeping hours ≤ 8 were (80%) all of those results came along with study of .⁽⁸⁾

Part – II: Discussion of Medical history:

Wright and Porter, 2007, show that the urinary tract infection is the main complication among patient with Ca-bladder. Which have a similarity with our study when shows that that majority of study sample (64%) complain of urinary tract infection, while (40%) of study sample complain of Hypertension and (36%) of study sample complain of Kidney Stone) .

Part –III: Discussion of main domains of lifestyle:

In their studies comes along with our results regarding domains of lifestyle. ^(9,10,11)

V. Conclusions

Based on the study results the researchers concluded that:

The study confirms that the bladder cancer most occurs in male than in female. The study confirms that the bladder cancer most commonly effected elderly people. The study indicates that the majority of the study sample were married Most of the study sample were Unemployed. Urinary tract infection is the main complication among patients with bladder cancer. Bladder cancer affects positively the patient's life style.

VI. Recommendations

Base on the result of the present study the researcher recommended are following:

1. Special training sessions for nurses that working in the oncology center to improve their knowledge about life style problems related to the patient with bladder cancer which reflect on nurse's performance.
2. Create especial teaching room for nurse to educate the patients about their disease and developed their ability to improve quality of life.
3. Provide and develop posters and pamphlets about way overcoming problems in the patient's life.
4. Further studies required with large sample.

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