



# Journal of Coloproctology

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## Original Article

# Perceptions of ostomized persons due to colorectal cancer on their quality of life

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### ARTICLE INFO

#### Article history:

Received 19 April 2016

Accepted 7 May 2016

Available online xxx

#### Keywords:

Quality of life

Ostomy

Colorectal neoplasms

### ABSTRACT

**Introduction:** The significance of the change in the physical body and suffering as the new condition of life of stoma oncological person affect the physical, psychological, social relationships and environment.

**Objective:** To know the perception of quality of life and the interpretation of the biopsychosocial reality of intestinal ostomy due to colorectal cancer clinics of the Ambulatory Care Program ostomy patients of the Health Secretariat of the Federal District, Brazil.

**Methods:** Epidemiological based study, analytical character, with cross-sectional descriptive design with quantitative and qualitative approach in the light of the content analysis. Sample consisted of convenience, included 120 participants. They used the questionnaires sociodemographic, clinical, and WHOQOL-BREF and an individual interview. Data were analyzed by Microsoft Office Excel 2010 and SPSS 20.0 software. Statistical significance was accepted at 5%.

**Results:** Physical Domains, Social Affairs and Environment are correlated with the mean score, statistically significant ( $p < 0.0001$ ), the content analysis resulted in four categories: Wellness Physical, Psychological Wellness, Wellness and Spiritual Well living Social.

**Conclusion:** Ostomy and colorectal cancer may represent suffered mutilation, loss of productive capacity resulting in the loss of quality of life.

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<http://dx.doi.org/10.1016/j.jcol.2016.05.007>

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## Percepções das pessoas estomizadas intestinais em razão do câncer colorretal sobre a qualidade de vida

### R E S U M O

#### Palavras-chave:

Qualidade de vida

Ostomia

Neoplasias colorretais

**Introdução:** O significado da alteração no corpo físico e o sofrimento quanto à nova condição de vida da pessoa oncológica estomizada afetam os aspectos físico, psicológico, relações sociais e meio ambiente.

**Objetivo:** Conhecer a percepção da qualidade de vida e a interpretação da realidade biopsicossocial de estomizados intestinais em razão do câncer colorretal dos ambulatórios do Programa de Assistência Ambulatorial do Estomizado da Secretaria de Saúde do Distrito Federal, Brasil.

**Métodos:** Estudo de base epidemiológica, de caráter analítico, com delineamento transversal e descritivo, com abordagem quantitativa e qualitativa à luz da análise de conteúdo. Amostra foi constituída por conveniência, incluídos 120 participantes. Utilizou-se os questionários sócio demográfico, clínico, e o WHOQOL-bref e uma entrevista individual. Os dados foram analisados pelos programas Microsoft®Office Excel 2010 e SPSS 20.0. A significância estatística aceita foi de 5%.

**Resultados:** Os Domínios Físico, Relações Sociais e Meio Ambiente estão correlacionadas com o escore médio, significância estatística ( $p < 0,0001$ ), a análise de conteúdo resultou em quatro categorias: Bem Estar Físico, Bem Estar Psicológico, Bem Estar Espiritual e Bem Estar Social.

**Conclusão:** A ostomia intestinal e o câncer colorretal podem representar a mutilação sofrida, a perda da capacidade produtiva resultando no prejuízo da qualidade de vida.

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## Introduction

The World Health Organization defines quality of life as “the individual’s perception of his/her position in life in the context of the culture and value systems in which he/she lives and in relation to his/her goals, expectations, standards, and concerns”.<sup>1</sup> From this perspective, quality of life is a subjective concept that brings personal satisfaction in various aspects, especially those considered basic for the life of the individual.

The maintenance of the physical integrity is extremely vital for the person to feel good about him/herself and his/her social life. In this sense, the discontinuation of this integrity, like a surgery for a stoma due to colorectal cancer, can result in serious problems for physical, psychological, social and spiritual well-being.<sup>2,3</sup>

Thus, the ostomized person, although resisting against cancer, is faced with changes in his/her body image, with low self-esteem, a desire of rejection and changes in daily activities, which are factors that hinder the process of acceptance of a reality until then unknown, compromising the quality of life.<sup>3-5</sup>

This study aimed to acknowledge the perception of quality of life and the interpretation of biopsychosocial reality of the ostomized person due to colorectal cancer in outpatient clinics of the Ambulatory Care Program for Ostomized Patients of the Health Department, Federal District (DF), Brazil.

## Material and methods

### Study methodology

This is an analytical, cross-sectional, descriptive, epidemiological-based study with a quantitative and qualitative approach, in light of the content analysis. Participants included in the study belonged to a group of people with a stoma due to colorectal cancer. The observation and measurement of the variables of interest were carried out at the same time, constituting a statistical snapshot of what occurs at a given time.

The data obtained with the interviews were analyzed based on the Bardin Content Analysis, which is based on the phase of material description or preparation, inference or deduction, and interpretation.<sup>6</sup>

The study protocol was approved by the Research Ethics Committee of the Fundação de Ensino e Pesquisa em Ciências do Saúde, Health Department, DF, Brazil, under Protocol 418/200. People who agreed to participate in the study signed the Free and Informed Consent form after receiving detailed explanations of the proposed objectives and procedures. The confidentiality of the source of data and the anonymity of the volunteers were guaranteed, as stated in Brazilian regulations for research involving human subjects.<sup>7</sup> In order to respect the participants’ anonymity, each respondent is identified with names of flowers.

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