

Quality of Life of Breast Cancer Patients Receiving Chemotherapy in Delta State University Teaching Hospital, Oghara

*Afeyodion Akhator, Martins Odes
Akpomiemie*

Department of Surgery, Delta State University Teaching Hospital, Oghara, Delta State, Nigeria

Introduction: The World Health Organization defines the quality of life (QOL) as the individual's perception of life, its values, objectives, standards, and interest in the framework of culture. This is increasingly being used by investigators to assess treatment outcomes in terminal diseases and malignancy. The complications of chemotherapy negatively impact on the QOL of breast cancer patients receiving chemotherapy alongside the negative impact of the primary pathology. **Aim:** The objective of this study is to describe the QOL in breast cancer patients receiving chemotherapy in Delta State University Teaching Hospital, Oghara. **Materials and Methods:** This is a questionnaire-based study; the European Organization for Research and Treatment of Cancer QOL Questionnaire, breast cancer module was used to measure QOL in the study population. The module assesses both the patient's functional and symptom scales. **Results:** There were 39 patients in this study; all were females with advanced breast cancer at various cycles of chemotherapy. The mean age was 49.02 years, with range of 31–63 years. Thirty-two patients (82.05%) had favorable body image, 17 (43.59%) had no or minimal side effects from systemic therapy, 22 (56.41%) had no or minimal breast symptoms, and 21 (53.85%). While 27 had hair loss, only 3 (11.11%) were very upset with the hair loss. Twenty-four patients (61.53%) were significantly worried about their future health and only 12 (30.77%) had any interest in sex in the preceding 4 weeks of the interview. **Conclusion:** This study shows that breast cancer patients receiving chemotherapy had a favorable QOL in spite of the late stage of presentation.