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Quality of life of colorectal cancer survivors in Saudi Arabia: A cross sectional study

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Colorectal cancer (CRC) is one of the most prevalent cancers in the world. Reports from Saudi Cancer Registry (SCR) showed that colorectal cancer (CRC) was the second most widespread malignancy among Saudis. Colorectal cancer and its treatment can have an adverse effect on social functioning including work and productive life; relationships with friends, relatives and partners; another social activities and interests. Less is known, however, about how colorectal cancer patients in Saudi Arabia (KSA) rate their overall quality of life (QOL) and how they cope with the awareness of living with a chronic and potentially life-threatening disease. We therefore initiated population-based study to describe the QOL of patients with colorectal cancer in Saudi Arabia. This was a descriptive cross-sectional study conducted between September and December 2014 including 106 participating respondents from five public tertiary level hospitals in KSA. Quality of life was assessed using a specific arabic versions of the European Organization for Research and Treatment of Cancer (EORTC QLQ-C30 and QLQ-C29). CRC survivors reported favorable overall global quality of life. They showed good functioning on most QLQ-C30 functional scales with the lowest score for emotional functioning. Factors associated with a major reduction in all domains of quality of life included employment status and tumor location. The most bothersome symptoms were fatigability, insomnia and pain. This study identifies the categories of CRC survivors at risk of poorer quality of life and the issues that most need to be addressed in KSA.

Biography

Khalid Almutairi is working at King Saud University, Saudi Arabia.

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