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Relationship between health-related quality of life and fatigue in cancer survivors and healthy subjects

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Objective: To compare quality of life (QOL) and fatigue in long-term cancer survivors and healthy subjects. We also investigated the differences in relationships of QOL and fatigue between long-term cancer survivors and healthy subjects.

Methods: 17 cancer survivors (breast: 10, gastric: 4, lymphoma: 1, lung: 1 and colorectal: 1) and 15 healthy subjects were enrolled in this study. All were evaluated for health-related QOL and fatigue. Health-related QOL was assessed using the medical outcome study 36-item short-form health survey. Fatigue was measured using the brief fatigue inventory (BFI).

Results: No significant differences were found for all 8 subscales of QOL and all 9 subscales of BFI between cancer survivors and healthy subjects. In cancer survivors, 6 of 8 QOL subscales were correlated with fatigue ($p < 0.05$). In healthy subjects, 3 of 8 QOL subscales were correlated with fatigue ($p < 0.05$).

Conclusions: QOL is related to fatigue in cancer survivors more than in healthy subjects. Thus, relieving fatigue might contribute to higher QOL in cancer survivors. We believe that the findings of this study will be relevant in the context of planning rehabilitation for cancer survivors.

Biography

Yuta Mitobe has passed national nursing examination of Japan and also obtained full-unlimited nursing licensure of Japan on 2010. The main research direction is in critical care. After earning Master's degree in health science of the University of Niigata in 2017. He is in a health science doctoral course from the University of Niigata. He is now a Research Associate in the department of nursing at the Niigata University of Health and Welfare.

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