A STUDY TO ASSESS THE LEVEL OF DISTRESS AMONG NEWLY DIAGNOSED CANCER PATIENTS WHO ARE ATTENDING OUTPATIENT DEPARTMENT OF CURIE MANAVTA CANCER HOSPITAL AND RESEARCH CENTRE NASIK.

Nursing

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ABSTRACT

Introduction: Cancer is a generic term which involved a large group of disease characterized by the growth of abnormal body cells. Other common terms used are malignant tumors and neoplasm. Cancer can affect any body part. Cancer is the second leading cause of death globally and accounted for 8.8 million deaths in 2015. In India, it is estimated that 14.5 lakh people are living with the disease, with over 7 lakh new cases being registered every year and 5,56,400 deaths which are said to be cancer related.

Material and method: Descriptive research approach and non-experimental research design was used. The subject for the study was n=60 newly diagnosed cancer patient by using purposive sampling technique. The level of distress was analyzed by structure interview schedule with the help of rating scale. Data was analyzed with the help of frequency, mean and standard deviation. Chi-square test was used to determine the association between the levels of distress with selected demographic variables.

Results: Study Findings revealed that 80% newly diagnosed cancer patient having a moderate level of distress and there was a significant association between the monthly income of cancer patient and level of distress. (2=5.66, <0.05)

Conclusion: The study concluded that majority of newly diagnosed patient was suffering with moderate level of distress.

INTRODUCTION:

Cancer is the uncontrolled growth of abnormal cells anywhere in a body. These abnormal cells are termed cancer cells, malignant cells, or tumor cells Cancer is the second leading cause of death globally and accounted for 8.8 million deaths in 2015. In India, it is estimated that 14.5 lakh people are living with the disease, with over 7 lakh new cases being registered every year and 5,56,400 deaths which are said to be cancer related.1

Distress refers to the bad type of stress (the opposite of eustress), and it occurs when we have excessive adaptive demands placed upon us. The distress can affects areas of patient's life other than its feelings. The distress is caused, in part, because of attitudes and fears people have about cancer. They may feel afraid, exposed, weak, and vulnerable.

The rapid motorization, urbanization, and sedentary lifestyle of people in India especially during past two decades have resulted in greater number of cancer deaths. India is starting at explosion of cancer burden of the disease is likely to double or triple among its population in the next twenty years oncology's said.

Study done by S. Goebel (2011) distress level in patients with newly diagnosed brain tumor findings suggested that Percentage of patients suffering from relevant distress was 48.4%.2 P. Herschbach study psychological distress in cancer patients assessed with an expert rating scale with aim to analyze the relevance of setting variables They resulted that distress pattern indicates a tendency for higher distress for male in the physical dimension and for female in the psychological dimension.3

Zabora (2011) study on the prevalence of psychological distress by cancer site with an objective to determine the prevalence of psychological distress among a large sample of cancer patients (n=4496) overall prevalence rate of distress for this sample was 35.1%. The rate varied from 43.4% for lung cancer to 29.6% for gynecological cancers4

Reducing the distress level among newly diagnosed cancer patient is a share responsibility of the health team as well as health care delivery systems requires commitment and informed decision making by government, hospital industry, NGOs and improving the quality of medical as well as nursing care towards the cancer patient.

Present study was developed to assess the level of distress among the newly diagnosed cancer patient and to find out the association between the level of distress with selected demographic variables.

OBJECTIVE.

1) To assess the distress level of cancer patients.
2) To find out association between the selected demographic variables with level of distress of cancer patients.

MATERIAL AND METHOD:

Descriptive research approach and non-experimental research design was used. The subject for the study was n=60 newly diagnosed cancer patient by using purposive sampling technique. Development of data collection instrument. Section-I Demographic variables of Newly diagnosed cancer patient. Section-II Distress rating scale is constructed by the investigator which consists of emotional, physical depression and psychological area. Each area contains 8 items which score is consider as 0-33% Mild, 34-67% Moderate, 68-100% Severe.

Inclusion Criteria:

1) Newly diagnosed with all type of cancer
2) Willing to co-operate and participate in study.
3) Understand/read/write Marathi language.
4) 4)Present during period of data collection

Exclusion Criteria:

1) Patient who has already undergone with the similar study.
2) Patient who are below age of 20 years.
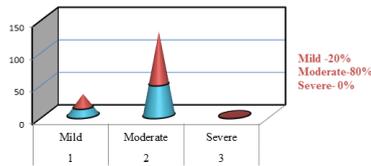
STATISTICAL ANALYSIS:

The collected data was organized, tabulated and analyzed by using descriptive statistics that is in frequency, percentage; mean and standard deviation and inferential statistics chi-square test are used to find out the co-relation between level of distress and selected demographic variables.

RESULTS:

Demographic findings of the study indicated Profile of Newly diagnosed cancer patient. Highest percentage (46.67%) belongs to the age group of 50 years and above. More than half of the samples (61.67%) of them are of females and other 38.33% of them were males. Majority of the samples (93.33%) of them were belonging to Hindu

religion, half of the samples (65%) were from rural area and 35% were from urban area. Most of the cancer patient's monthly income ranges from Rs.5, 000-10,000.

Figure No.1- Assessment of distress level of newly diagnoses cancer patient

Mild -20%
Moderate-80%
Severe- 0%

Level of Distress among newly diagnosed patient

Table No.1- Distribution of mean and SD level of distress among cancer patient.

Sr. No.	CONTENT	MEAN	SD
1	Level of distress	53.6	19.19

Table.2. Association of distress level of cancer patient with selected demographic variables.

SN	Variables	$\chi 2$
1.	Age	1.08
2.	Gender	1.61
3.	Religion	1.95
4.	Residence	1.16
5.	Income	5.66

(df-1, Table value=3.84, p<0.05)

Association of distress level of cancer patients with their selected demographic variables was calculated by Chi-square However significant association was found between Distress level and Income ($\chi 2 = 5.66$, p<0.05).

CONCLUSION:
The study concluded that majority of newly diagnosed patient was suffering with moderate level of distress. Health team member need to improve the quality of health care services for the cancer patient.

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