

19th Euro Congress on Cancer Science and Therapy & 25th Cancer Nursing & Nurse Practitioners Conference

July 17-19, 2017 Lisbon, Portugal

Efficacy of *Aloe vera* gel topical application on radiation-induced-mucositis in head-and-neck-malignancy: A double-blind, randomized clinical trial in Mumbai, India

Rita Lakhani

Krishna University of Medical Sciences, India

Radiotherapy, (RT) is associated with high rates of mucotoxicity with no consensus on its care. *Aloe vera* is FDA-approved and is therapeutically used. Studies to-date has different dimensions. In one study, the researcher used aloe-vera as mouth-wash ($P=0.004$) where its effect got limited over a few minutes and in the other research, the researcher used it in oral form ($P>0.05$) where it acted as a systemic agent than a local agent. Precisely, robust studies and use of *Aloe vera* in the form of an oral gel is a significant omission. The objective of this paper is to discuss the effectiveness of oral *Aloe vera* gel in reducing the magnitude of increasing RIM during the progress of RT in head and neck malignancy (HNM) patients. An evaluative, double-blind, control group design was adopted. 100 eligible respondents with HNM scheduled to receive conventional RT were block randomized between group A and group B and PIS was implemented. Standardized tools were applied to assess the respondents weekly for mucositis, pain, weight, and use of supportive drugs. QOL-questionnaires were also administered. Respondents in the two groups were statistically identical in baseline characteristics ($P>0.05$). RIM grades were significantly less for experimental group as compared to control group ($P<0.05$). By the end of treatment, the two groups were statistically different in maximal grade of toxicity ($Z=1.7$, $P<0.05$), use of drugs, QOL scores, percentage of weight loss and nutritional status. *Aloe vera* gel was effective in slowing down the progression of RIM.

Biography

Rita Lakhani is a PhD (Nursing) scholar at KIMS, Karad University. She was awarded the Gold Medal (1999) for securing the first place during her MSc in Nursing from SNTD Women's University. She is the Principal at Fortis Institute of Nursing, a premier college under the brand name Fortis Healthcare Ltd. She has published more than 15 papers in reputed journals. She was conferred the Best Paper Presenter on three occasions (twice at Maharashtra University of Health Sciences, Maharashtra and International conference, Maharashtra). She has been serving as the Vice-President of Oncology Nurses Association of India and the Editorial Board Member of its journal.

rita.lakhani@fortishealthcare.com

Notes: