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Prevalence of arm lymphedema among patients with breast cancer surgery

Radha Acharya Pandey and Shilpa Shrestha
Kathmandu University Hospital, Nepal

Background: Lymphedema is a common complication of cancer therapeutics; its prevalence, treatment outcomes and costs have been poorly defined. It is potentially a debilitating condition in breast cancer survivors which negatively affects the quality of life. This study aims to assess the prevalence of arm lymphedema among patients with breast cancer surgery.

Methods: A cross-sectional study was conducted to assess the prevalence of arm lymphedema among women with breast cancer surgery. Purposive sampling technique was used to collect the data from a sample of 66 women of selected hospitals. Data were collected through self-constructed structured and semi structured interview based questionnaire which consisted socio demographic information and clinical related factors.

Results: The overall prevalence of arm lymphedema was found to be seven (10.6%) respondents among the study population. In this study, 41 (62.1%) respondents were <50 years of age, 13 (19.7%) had education of secondary level, 27 (40.9%) had received radiation therapy, 63 (95.5%) had no history of infection, 54 (81.8%) had undergone modified radical mastectomy and 56 (84.8%) had involved lymph node resection. Statistically, no significant association was found between these variables.

Conclusions: On the basis of these findings, this conclusion has been drawn that prevalence of arm lymphedema among patients with breast cancer surgery was low (10.6%). Moreover no association was found between the prevalence of arm lymphedema, sociodemographic variables and clinical related factors.

Biography

Radha Acharya Pandey has completed my master's degree in Adult Nursing from the Institute of Medicine, Nepal. She is an Assistant Professor of Kathmandu University School of Medical Sciences. She has published more than 15 papers in reputed journals and has served as a reviewer for a number of journals in her related field and earned certificate for quality review. She has presented paper at international and national conferences and organized conference, workshop in related areas.

radhapnd@yahoo.com

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