

38 - LEVELS OF PAIN IN WOMEN WITH CANCER OF THE CITY OF BELÉM-PA.

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INTRODUCTION:

The incidence of cancer in Brazil grows the way that grows in the other countries of the world (BRAZIL, 2009). Cancer can lead to loss of fat and muscle mass (JURDANA, 2009) generating weakening of the patient's body, 2008 (JURDANA). Such collateral effects, as fever, pain, fatigue, nausea and fatigue, can affect the quality of life, because it decreases the ability to perform activities of daily life (KATO et al, 2006).

The treatment of the disease can bring changes unsuited to the patient. Such changes may be related to the physical function, body composition, psychosocial functioning and quality of life (COURNEYA, 2007), which may have other complications (HWANG et al, 2008), as restrictions on mobility (WARMS, 2006), slower steps and special care (SCHNEIDER, 2007).

Aspects such as satisfaction in life, support and physical, mental and social health are associated to the person's health. However, in 1948, the World Health Organization defined that "health" would not be merely the absence of any illness, but the quality of life of the person. The disease itself and the treatment imposed by it may affect the quality of life of these people (VELARDE-JURY & AVILA-FIGUEROA, 2002).

Patients with cancer, which were treated with chemotherapy, present collateral effects and symptoms that affect negatively the physical and mental balance (MONTAREZI, 2008). Treatments co-responsible for most unpleasant collateral effects to the patient are chemotherapy and radiotherapy (PLEVOVA, 2002).

Objective: The search had as objective to evaluate the levels of pain in women with cancer of the town of Belém-PA.

Materials and methods: The research, correlational descriptive survey type study, was conducted in the form of interview, to assess the levels of pain in women with cancer, associated with the disease and the treatments imposed by it.

The sample was formed by 35 patients, enrolled and serviced by AVAO-Voluntary Association to Support the Oncology, of the town of Belém-PA, females, with average age of 56,28 (\pm 8.68) years, diagnosed with the following types of cancer: breast, 46%; cervix, 37%; and other types of cancer, 17%.

The study was carried out the ethical precepts laid down in resolution 196/96 of National Health (BRAZIL, 1996) and the Helsinki Convention (World MEDICAL ASSOCIATION, 2008), and all participants signed a free and informed consent for participation in research, containing the Search specifications, which also included at the end of the Institution Information Term. The project was duly adopted in ethics committees in research of Euroamerican Human Motricity Network of REMH, under nº 007/2008, and Mario Kröeff Hospital, under nº 011/2008.

Of exclusion criteria, there were male patients, female patients aged less than 40 years or over 70 years and patients not enrolled AVAO.

This research is due to the fact of the possibility of conducting a thorough study on the levels of pain that these people suffer because of the treatment imposed by the illness and the disease itself.

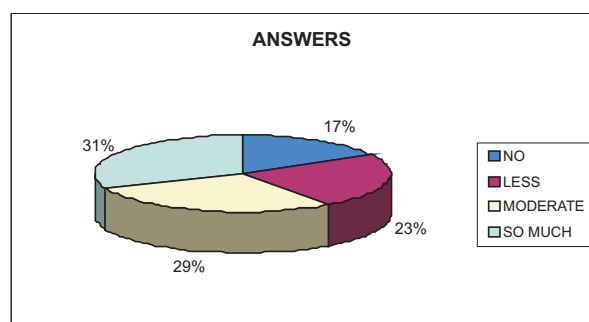
To perform the research, it was used the question number 9 of the European Organization for Research and Treatment of Cancer Questionnaire for the Quality of Life (EORTC QLQ-c-30) (AARONSON et al, 1993), which consists of the following question: "during last week, did you have pain? ". This issue has four possible answers, a Likert scale type, of 4 scores (i.e. no-score 1, less- score 2, moderate- score 3, so much- score 4).

For a description of the data collected, placement measures were used. Among the first, were calculated average (x) and median (MD), which are trend measures, i.e. that identifies the placement of the data collection Center. The dispersion measures estimate the data variability. With this design, it was estimated the standard error (e) and standard deviation (s). For all procedures, a confidence interval of 5% ($p < 0.05$) was adopted.

RESULTS AND DISCUSSION:

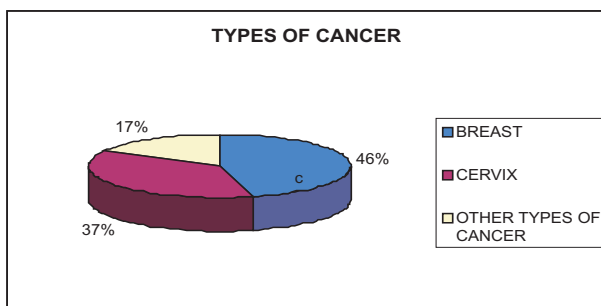
The pain is among the most frequent symptoms during the treatment of cancer, combined with the fatigue, insomnia and nausea (CAMARGOS et al, 2005) The answers regarding the question 9 (during last week, did you have pain?) , of the European Organization for Research and Treatment of Cancer Questionnaire Quality of Life (EORTC QLQ-c-30), were distributed this way: so much, 31%; moderately, 29%; less, 23%; and no , 17%; as shown in the graph 01 below:

Chart 01: Distribution by answer



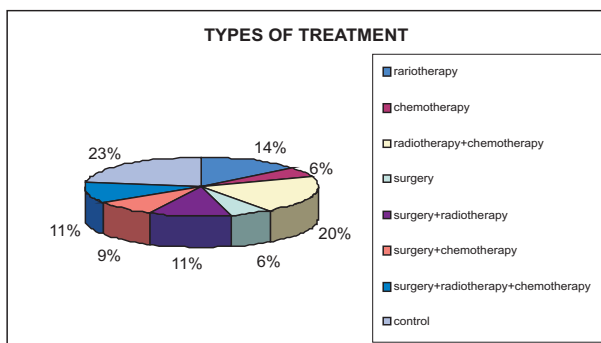
Cancer types were distributed this way: breast, 46%; cervix, 37%; and other types of cancer, 17%, as shown in the graph 02 below.

Chart 02: Distribution by cancer type



The therapeutic approach has been distributed in radiotherapy; 14%; chemotherapy, 6%; radiotherapy + chemotherapy, 20%; 6% for surgery; 11% for surgery + radiotherapy; 9% to surgery + chemotherapy; 11% for radiotherapy + chemotherapy + surgery; and 23% for patients that are just doing the disease control, as shown in the graph 03 below.

Chart 03: Distribution by type of treatment



The average age of the participants consisted of $56,28 \pm 1,47$ years. In the replies concerning to question 9 of the European Organization for Research and Treatment of Cancer Questionnaire for Quality of Life (EORTC QLQ-c-30), which describes the level of pain during the last week, the average consisted $2,74 \pm 0,18$ points; as shown in table 01 below.

Table 01: results descriptive age and pain.

	Age	Pain
Average	56,28	2.74
Median	56	3
Error Default	1.47	0.18
Standard deviation Default	8.68	1.08
Minimum	40	1
Maximum	70	4
Amplitude	30	3

The weakening of physical function and global health, after surgery, entails an increase in values related to the effort and to the fatigue of women with cancer (JURDANA, 2008 and 2009). This intensifies pain for these patients.

CONCLUSION:

Filling out the questionnaire (question 9 EORTC QLQ-c-30), on the levels of pain in patients with cancer, shows that 83% of the interviewees felt pain during the last week, because of the disease and the treatment imposed by it: 31% marked the option "so much – score 4"; 29% marked the option "moderately – score 3"; and 23% marked the option "less – score 2". Only 17% of the patients marked the answer "No – score 1", affirming that they have no pain in the week preceding the interview.

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LEVELS OF PAIN IN WOMEN WITH CANCER OF THE CITY OF BELÉM-PA.

SUMMARY

The survey was to assess the levels of pain in women with cancer of the city of Belém-PA. It was realized at interview form. The sample was composed by 35 patients enrolled and serviced by AVAO- Voluntary Association to Support the Oncology, of the town of Belém-PA, females, with average age of 56,28 (± 8.68) years, diagnosed with the following types: breast, 46%; cervix, 37%; and other types of cancer, 17%. To conduct the research, it was used the question number 9 of the European Organization Research and Treatment of Cancer Questionnaire of Quality of Life (EORTC QLQ-c-30), which consists in the following question: "during the last week, did you have pain?". This issue has four possible answers, a Likert scale type, of 4 scores (i.e.: no- score 1; less- score 2; moderately- score 3; and much- score 4). 83% of patients reported that have pain, because of the treatment and the disease itself, in the week before the interview, with answers distributed this way: 31% marked the option "so much- score 4"; 29% marked the option "moderately - score 3"; and 23% scored "a little - score 2". Only 17% marked the answer "No - score 1", affirming that they have no pain in the week preceding the interview. **KEY-WORDS:** cancer – pain – AVAO.

NIVEAUX DE LA DOULEUR DANS DES FEMMES AVEC CANCER DE LA VILLE DE BELÉM-PA.

RÉSUMÉ

La recherche a eu objectif évaluer les niveaux de la douleur dans des femmes avec cancer de la ville de Belém-PA. Il a été réalisé dans la forme d'entrevue. L'échantillon a été constitué par 35 patients, cadastrés et faits attention par AVAO - Association Volontariat d'Aide à l'Oncologie, de la ville de Belém-PA, du sexe féminin, avec de la moyenne d'âge de 56.28 ($\pm 8,68$) ans, diagnostiqués avec les suivants types de cancer : il tétér, 46% ; col de l'utérus, 37% ; et autres types de cancer, 17%. Pour réaliser la recherche, la question utilise de nombre 9 du Questionnaire de Qualité de Vie de l'Organisation Européenne pour Recherche et du Traitement de Câncer (EORTC-QLQ-C30), qui consiste à la suivante question : « pendant la dernière semaine, tu avez eu douleur ? ». Cette question possède quatre réponses possibles, type Likert, de 4 points (c'est-à-dire : non - 1 point ; peu - 2 points ; modérément - 3 points ; et très - 4 points). 83% des patientes a dit d'avoir senti douleur, dû au traitement et à la maladie dans elle, dans la semaine précédente à l'entrevue, avec les réponses ainsi distribuées : 31% a marqué l'option « beaucoup - 4 points » ; 29% a marqué l'option « modérément - 3 points » ; et 23% a marqué l'option « un peu - 2 points ». Seulement 17% a marqué la réponse « non - 1 point », en affirmant ne pas avoir senti douleur dans la semaine précédente à l'entrevue.

MOTS CLÉ : cancer - douleur - AVAO.

NIVELES DEL DOLOR EN MUJERES CON EL CÁNCER DE LA CIUDAD DE BELÉM-PA.

RESUMEN

La investigación tenía para que el objetivo evalúe los niveles del dolor en mujeres con el cáncer de la ciudad de Belém-Pará. Fue llevado a través en la forma de la entrevista. La muestra fue constituida por 35 pacientes, colocado en cadastre y cuidado tomado de para AVAO - Association Voluntariado de Apoio al Oncologia, de la ciudad de Belém-Pará, el sexo femenino, con el promedio de la edad de 56.28 años ($\pm 8,68$), diagnosticados con los tipos siguientes de cáncer: aspira, el 46%; columna del útero, el 37%; e otros tipos del cáncer, el 17%. Llevar con la investigación, era cuestión usada del número 9 del cuestionario de la calidad de la vida de la organización europea para la investigación y del tratamiento de Câncer (EORTC-QLQ-C30), que consiste en la pregunta siguiente: "durante la semana pasada, usted él ha tenido dolor". Possess de esta pregunta cuatro respuestas posibles, tipo Likert, de 4 puntos (que es: no - 1 punto; poco - 2 puntos; moderado - 3 puntos; e muy - 4 puntos). el 83% de los pacientes habían dicho tener dolor sensible, debido al tratamiento y a la enfermedad en sí mismo, en la semana anterior a la entrevista, con respuestas así distribuidas: el 31% habían marcado la opción muy "- 4 puntos"; el 29% habían marcado la opción moderado "- 3 puntos"; e el 23% un poco había marcado la opción "- 2 puntos". Pero el 17% habían marcado la contestación "no - 1 punto", afirmando para no tener dolor sensible en la semana anterior a la entrevista.

PALABRA-LLAVE: cáncer - dolor - AVAO.

NÍVEIS DA DOR EM MULHERES COM CÂNCER DA CIDADE DE BELÉM-PA.

RESUMO

A pesquisa teve por objetivo avaliar os níveis da dor em mulheres com câncer da cidade de Belém-PA. Foi realizada na forma de entrevista. A amostra foi constituída por 35 pacientes, cadastrados e atendidos pela AVAO - Associação Voluntariado de Apoio à Oncologia, da cidade de Belém-PA, do sexo feminino, com média de idade de 56,28 ($\pm 8,68$) anos, diagnosticadas com os seguintes tipos de câncer: mama, 46%; colo do útero, 37%; e outros tipos de câncer, 17%. Para realizar a investigação, utilizou-se a questão de número 9 do Questionário de Qualidade de Vida da Organização Européia para Pesquisa e Tratamento do Câncer (EORTC-QLQ-C30), que consiste na seguinte pergunta: "durante a última semana, você tem tido dor?". Esta questão possui quatro respostas possíveis, tipo Likert, de 4 pontos (ou seja: não - 1 ponto; pouco - 2 pontos; moderadamente - 3 pontos; e muito - 4 pontos). 83% das pacientes relataram ter sentido dor, devido ao tratamento e à doença em si, na semana anterior à entrevista, com respostas assim distribuídas: 31% marcaram a opção "muito - 4 pontos"; 29% marcaram a opção "moderadamente - 3 pontos"; e 23% marcaram a opção "um pouco - 2 pontos". Apenas 17% marcaram a resposta "não - 1 ponto", afirmando não terem sentido dor na semana anterior à entrevista.

PALAVRAS-CHAVE: câncer - dor - AVAO.

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