

“Qualitative Study to Assess the living Experiences of Men suffering from Prostate Cancer”

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BACKGROUND

Prostate Cancer and its treatment generally have a major impact on men's life. Patients' suffering from prostate cancer may have emotional instability and who are on treatment for prostate cancer feel inability to fulfill their respective roles in the family, feel insufficient at work and in the activities they used to enjoy.¹

It is estimated in USA that 26,120 death occurred in 2013. Estimated incidence cancer case in India in 2014 was 37055 and Mortality cancer case in India in 2014 was 15562.²

Prostate cancer has been reported as the second leading cause of cancer death among men in India. Prevention and early detection of cancer are considered as critical factors in controlling the disease and increasing the survival of patients.

OBJECTIVE

1. to assess the living experiences of men suffering from Prostate cancer.

MATERIALS AND METHODS

A Qualitative approach with descriptive phenomenological research design was used to assess the living experiences of men suffering from prostate cancer. A sample of 10 men was participated in this qualitative study by using the criterion sampling technique. The ethical clearance was obtained from university research ethics committee of Maharishi Markandeshwar University Mullana, Ambala (MMU/IEC/788). Data saturation was achieved after interviewing 8 patients with prostate cancer. Researcher interviewed 2 more prostate cancer men to explore the possibility of any new code and to confirm that saturation had been achieved. Before starting the study the investigator maintained the rapport with participants and introduced him to the participants and introduction of the study was given to the men suffering from Prostate Cancer. Informed consent was obtained from the respondents and respondents were assured about the confidentiality of their response. The setting of present study was Grecian Super specialty cancer hospital of Mohali, North India. There are several wards including various facilities of Radiotherapy, Chemotherapy, Operation Theater in hospital.

The Criteria for Selection of setting

- Availability of sample
- Economy of time and easy assesses.
- Familiarity of the research with the setting.
- Expected co-operation and administrative approval for conducting the study.

Sample characteristic data was collected from the participants using Interviewing technique.

Open ended interview guide was used to explore living experience of men with prostate cancer. Researcher started with general questions and proceeded with interview guide which consist of 14 items to explore feelings, expectation, and issues of men suffering from prostate cancer.

The reliability was calculated using Lincoln and Guba model (1985) on four aspects of enhanced trustworthiness of a study including credibility, transferability, conformability and dependability.

Credibility- Prolonged engagement of researcher and Peer debriefing was ensured.

Transferability- Thick description was done

Conformability- Verbatim was checked by experts and Bracketing was done.

Dependability- External audits were carried out

Data analysis was guided by Giorgi (1985) framework that Includes-

- Interview
- Verbatim
- Subthemes derived
- Factual Description
- Textual form of narration

SUMMARY

Majority of the Participants had worries related to confirmation of prostate cancer like anxiety and fatigue. Current findings were similar to the study conducted by Ben Langston, prevalence and severity of fatigue in men with prostate cancer where they found that prevalence of a fatigue is high as 74 %, whilst chronic fatigue prevalence was highest (39 %) when hormone therapy was combined with radiotherapy.³

RESULTS

Quantitative Findings :

- Half (50%) of the men were in the age group of 66-85 years.
- Half of men (50%) were having primary education.
- (50%) of the men belong to nuclear family where as 50% belong to joint family
- More than half of the men (60%) having two kids.
- Majority of the men (90%) were not having history of cancer in their family.
- Majority of the men (90%) had normal body mass index other (10%) were under overweight category.
- Less than half (40%) were hospitalized for 15 days to 1 month whereas (30%) were hospitalized for 1 day to 5 days.
- All the Participants (100%) have undergone DRE and PSA.

Qualitative Findings :

Themes and Subthemes based on Giorgi method of analysis

S. No	THEMES	SUBTHEMES
A.	Corroboration of Illness	1. Facts and Perspectives 2. Confirmation and worries
B.	Illness and impact	1. Fear of getting worse 2. Impact on Health
C.	Treatment and expectations	1. Mode of Treatment 2. Finance and burden 3. Changes and Satisfaction
D.	Quality of Life	1. Family and Supporter 2. Responsibilities 3. Future and Almighty

“My wife suffered from throat cancer and she died in 2008.... I kept thinking about her every time.... May be that's why even I got cancer.” (P 3)
Mostly all of the respondents gave preconceived opinion regarding cancer as it affects the patient's psychological health. Most of the participants verbalized that cancer leads toward death.

➤ Illness and Impact

“I didn't tell to any of the family members that I have this disease... Everything I hid myself. Sometimes, I think that I will inform to family members but I worried that they start to take tension....(P 1)

CONCLUSION

Most of the participants worried about confirmation of prostate cancer as they had many questions in their mind that what would happen after the confirmation. Participants expressed that the prostate cancer can affect their health and also stated that they were afraid about the consequences but participants showed positive attitude towards the management of prostate cancer as they knew very well that it could be treated. Participants expressed that prostate cancer not only affect them but could also affect their family and friends.

➤ *“My body became stiffed when I was operated... Weather it was operation or accident it was always worst” (P 7)*
➤ Most of the participants have lots of impact on their health as they became weak and their physical health is much affected as their skin complexion is also changed. But many of the participants are not having any impact on health as most of them are pension holder.

➤ Treatment and Expectation

“I did not have any idea about the treatment that I am receiving. I came to hospital with no option. In such cases, what should I do...? an individual will only go to the hospital not to the graveyard.” (P 7)
“As I am getting my pension I used to give that to my family members. I have two children both are earning so there is no tension about what to do or what not to do? and I know treatment is possible” (P 2)
“The changes I observed during my recovery were... There was no blood in urine, no dizziness, my PSA report reduced to zero”. (P 9)

Most of the Participants were supported well enough by their family member with regards to financial issue. Even their children also supported them well enough by spending for patient rather than for own expenses.

➤ Quality of life

“During my recovery of cancer, my family held a very important role. Without their love and support it wouldn't have been possible. My son was always around me, my daughter in law use to sit at my foot side and took great care of me. They bought 1000-1200 rupees heater for me . My all relatives, son in law, daughter took great care of me” (P7)
“Doctors also helped me by prescribing with best medicines and giving me great care. My children, their support and care also encouraged me in taking medicines regularly and recovering fast. Their support relaxed me and provided me with emotional and mental satisfaction.” (P 9)

Interesting Finding

One patient stated that

“When I told my nephew that I have money but I can withdraw only limited amount on daily basis due to demonetization. He helped me by saying his brother will help me as he is coming here to see me. Later, His brother called me and assured that he will help me financially and gave his ATM to withdraw 60,000.” (P 3)

Family members are the only one who care and help the most of the time as they never take it as burden and they voluntarily do all work regarding care and all. Most of the participant verbalized that they had enough support from their family member and nurtured with adequate love and affect to overcome the prostate cancer.

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