

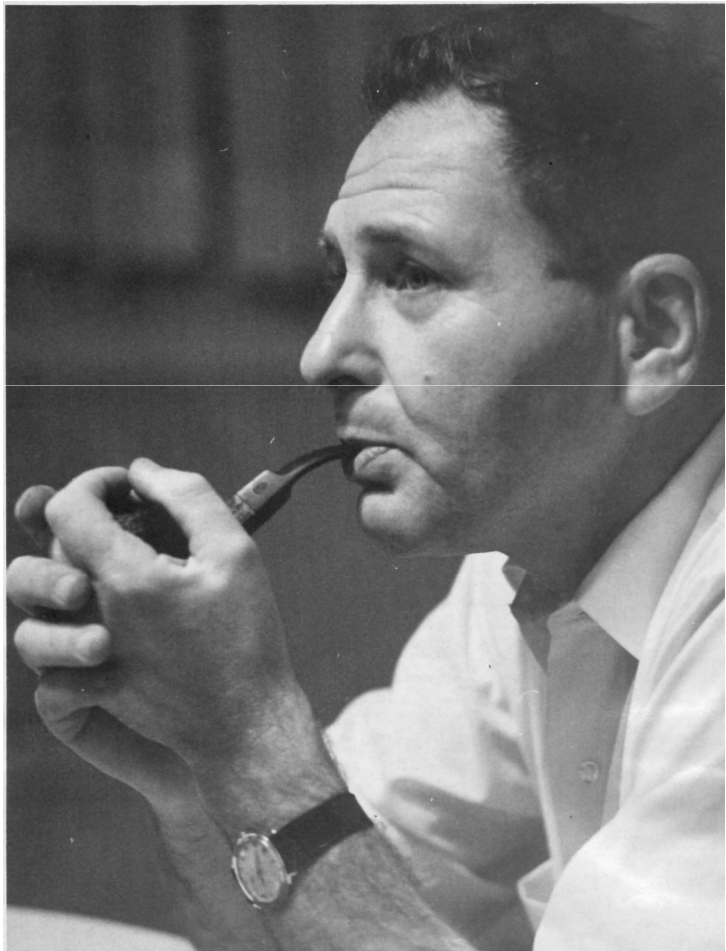


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Salutogeneses

- perception of life quality

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Salutogenesis

The mystery of health

The sense of coherence

General resistance resources



Sense of coherence

.. 'a global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence ..

(Antonovsky, 1987)



Comprehensibility
Manageability
Meaningfulness



General Resistant Resources

... 'a property of a person, a collective or a situation, which, as evidence or logic has indicated, facilitates successful coping with inherent stressors of human existence' (Antonovsky 1996)



- Personality traits
- Financial position
- Social support

Research has shown



Aim

..weather sense of coherence
increases the perception of health
related quality of life and sexual
functioning in a 5-year perspective
following prostatectomy



Design

A longitudinal survey –
mail out–mail in

Data collection at base line, 3 months
and at 1, 2, 3 and 5 years following
treatment



Sample

Verbal approach by a urological
specialized nurse at the first visit

Written study information

Oral and written consent before given
a set of questionnaires

Questionnaires sent by mail



Participation

Baseline

222 men accepted participation

Year 5

167 remained (75.2%)



Demographics (n=222)

Age, m (md), range 62 (65), 36-75 ys

Living with partner

Yes/No 181/19

Education

Compulsory level 93

Post compulsory 48

University 25

Employment/

Retired 56/86



Tumor stage (TNM-system)

T1 46 (66%)

T2 73 (33%)

T3 3 (1%)

Prostetectomy



Data collection

Orientation to life questionnaire, SOC
(13 items)

EORTC, Health related Quality of Life,
QLQ C-30 (30 items)

PR-25, Prostate cancer specific (25 items)

Applied at base line, at 3 months after
surgery and after 1 to 5 years



Analysis / Statistical Tests

Nominal/ordinal data – χ^2

Linear relation – Spearman's rank correlation

Likelihood – Logistic regression



Preliminary results



Table.1 Sense of coherence over 5 years of investigationm, m (min-max scores, 13-91)

| | | | p=<0.05 |
|----------|----|-------|---------|
| Baseline | 78 | n=159 | |
| 3 months | 77 | 183 | |
| 1 year | 76 | 174 | |
| 2 years | 77 | 163 | |
| 3 years | 77 | 147 | |
| 5 years | 78 | 145 | ns |



Table 2. Correlation between SOC and Quality of Life from EORTC QLQ C-30 over 5 years of investigation

| $p < 0.05$ | | |
|------------|-----------------|-------|
| SOC | Quality of Life | 0.000 |
| | | |
| | | |



The logistic regression assessed the impact of QoL- and PR-25-variables on the likelihood that respondents would report a low SOC-value (dichotomized at mean value)



Different independent variables, through the years, made a unique statistically significant contribution to the model

When respondents scored low functioning or high grade of problems the QLQ C-30 and PR- 25 there was a risk of scoring a low SOC



| | |
|----------|---|
| Baseline | Emotional functioning |
| 3 mhs | Quality of life Diarrhoea |
| 1 year | Emotional functioning Quality of life Sleeping problems Constipation Financial issues |



2 years Physical functioning
 Emotional functioning
 Quality of life
 Sleeping problems

3 years Emotional functioning



5 years Emotionell functioning
 Cognitive functioning
 Pain
 Hormone related problems



A common result through the years was that scoring problems in the Emotional variable was associated with low SOC, not surprisingly

Surprisingly though, that no sexual life variables were associated with low SOC



Conclusion

SOC was rated at the same level over 5 years – contradicting other research results

SOC level was rather low



Few physical problems were associated with low SOC

Whereas emotional state and quality of life were



Implications for nursing care

Somatic in-hospital care and primary care collaboration

Continues follow-up

Over the years emphases on cancer diagnosis surveillance

Focus on holism and not on the illness



Thank you for listening!

