

ANALYSIS OF THE RISK FACTORS AND INTERVENTIONS TO PROMOTE BETTER QUALITY OF LIFE AMONG WOMEN WITH CERVICAL CANCER AT SELECTED HOSPITALS, CHHATTISGARH

RECOMMENDATIONS

A. For Women:

- ❖ Women need to be stressed on the importance of a healthy lifestyle. The awareness of emerging diseases and its preventive strategies will help them very much to lead a healthy life. Maintaining a balanced diet will always enable them to lead and maintain a comprehensive health.
- ❖ Women above 30s should undergo regular screening procedures such as PAP smear and other relevant investigations as a preventive measure of cervical cancer.
- ❖ Women with cancer of cervix need to be encouraged to utilize the different methods of alternative and complementary therapies to improve the life quality. Enhancement of the life quality will increase the survival rate of women.
- ❖ Women need to be educated on various health issues that would arise during the reproductive age. Gynecological problems can be addressed by themselves and always an early approach to the health system is recommended.

B. For Society:

- ❖ The society should be made to understand that the cancer of cervix can be preventable when detected at initial stages. Hence the women need to be encouraged to go regular PAP smear investigation to prevent the disease, since it is the only method by which an early detection is possible.
- ❖ The family members need to be counselled on the health problems faced by women during the chronic stage and need to be taught of various strategies to cope up the devastating condition of the cancer.
- ❖ National Cancer Control Programme and various National Societies conduct awareness programmes, conferences to bring up the preventive and coping strategies in practice.

- ❖ The corporate sectors, educational institutions, NGOs and other organized sector could arrange periodical check-up for the members of the organization which would create a rippling effect on the other women.
- ❖ The service clubs like, Scouts, NSS, NCC could observe a day for “Reproductive Health Education Drives,” during their camps. It would sensitize the students too, who would be the future mother and fathers.
- ❖ Women need to be educated on awareness of HPV vaccination to prevent cervical cancer.

C. For Government:

- ❖ Health and Family Welfare Department need to strengthen the policies of reproductive health which influence the women’s health during their age of reproduction, by conducting awareness and screening programmes.
- ❖ The complementary and alternative systems need to be incorporated in case of gynecological cancers.
- ❖ Government need to have hospice and palliative care centres for cancer women, hence therapies other than pharmacological can be incorporated effectively to improve the survival of women with gynecological cancers.
- ❖ Follow-up service camps should be organized for the women who are in the Stage I and Stage II cervical cancers.