



CANCER PATIENTS

- Being diagnosed and living with a life-threatening illness such as cancer is a stressful event that may profoundly affect multiple aspects of an individual's life.
- Suffer from multiple physical symptoms such as fatigue and pain (Miaskowski et al., 2006)
- Psychological changes such as fear of death and fear of progression or recurrence of disease, and changes in the quality of life (QoL) (Kang, 1999; Schreier & Williams, 2004).

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Bagaimana dgn bukti ilmiah terkait perawatan pasien kanker di Indonesia???

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Current condition in Indonesia

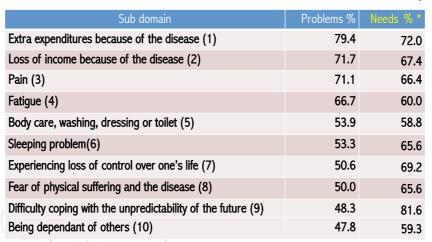


- >60% in advanced stage of cancer
- → high number die at the hospital
- Palliative care performed only in big cities (Jakarta, Surabaya, Makassar, Yogyakarta, Denpasar, Semarang, Bandung)
- Defisit knowledge about palliative care
- Un-well known (community)

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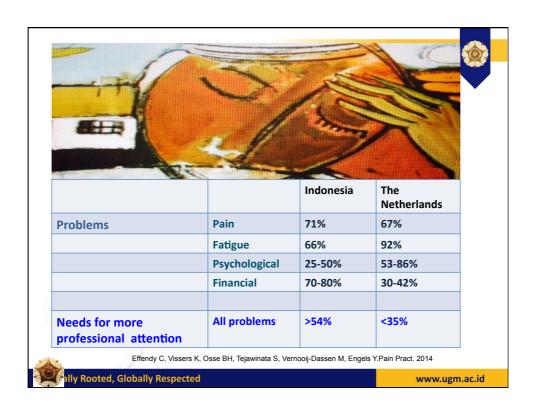
Top ten problems and needs of patient with advance cancer in Indonesia (n=180)



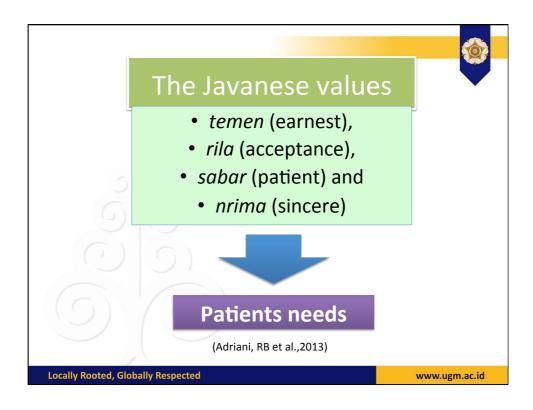
* N Vary based on patients who experienced problems

(Effendy C, Vissers K, Osse BH, et al., 2014)

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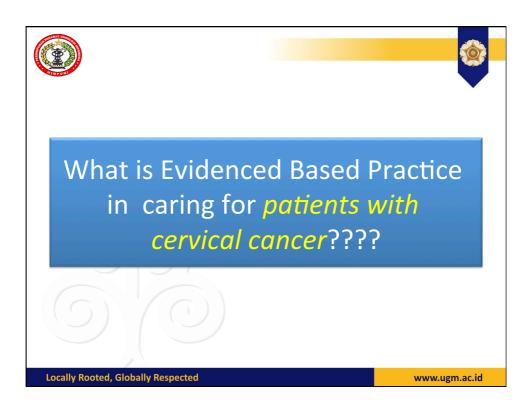


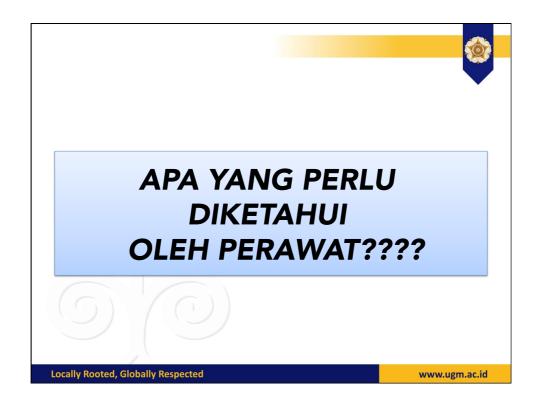
Pandangan Masyarakat



- TABOE bicara tentang kematian
- Otonomi keluarga
- Pengambilan keputusan oleh keluarga
- Kultur/budaya terkait 'ngopeni' anggota keluarga yang sakit
- Berobat sampai titik darah penghabisan; 'sak pol-pole', 'diusahake' 'ndak mengko gelo'

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Kanker serviks



490.000 perempuan terkena kanker serviks tiap tahunnya (WHO, 2012)



80 persen di antaranya berada di negara-negara berkembang, termasuk Indonesia.

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Kanker serviks di Indonesia



- Di Indonesia, pada tiap harinya, diperkirakan muncul 40-45 kasus baru
- Setiap hari, Sekitar 20-25 orang meninggal akibat kanker serviks.
- Tiap bulan Indonesia kehilangan 600-750 perempuan akibat kanker serviks.
- Angka kematian kanker serviks di Indonesia tergolong tinggi dan sebagian besar disebabkan oleh keterlambatan dalam diagnosis.

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Kanker Serviks di Indonesia

- Kanker tersering di Indonesia
 (34.4% dari kanker pada perempuan)¹
- > Hampir 70% sudah pd stadium lanjut (> stage IIB) ²
- > 15.000 kasus baru, 8.000 kematian ³; 40 – 45 kasus baru, 20 – 25 meninggal dunia/hari, 1 orang meninggal/jam
- Cakupan Skrining < 5% (ideal ~ 80%)

1). Dirjen Pelayanan Medik Departemen Kesehatan RI. Badan Registrasi Kanker IAPI, Yayasan Kanker Indonesia. Kanker di Indonesia Tahun1998. Data Histopatologik. 2). Mochtarom M. Data registrasi Kanker Ginekologik. Bagian Obstetri dan Ginekologi.RSUPN /FKUI, Jakarta 1992

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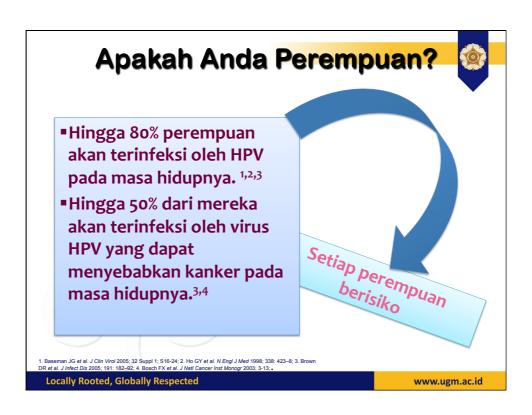


Beban Kanker Serviks di Dunia

•Di dunia, setiap 2 menit seorang perempuan meninggal akibat kanker serviks.¹

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kanker dan terapinya dapat mempengaruhi kualitas hidup penderita kanker ginekologi (Leiden , 2007; Pearman, 2003)



Mengetahui QOL penting utk standar perawatan, perencanaan pengobatan, pengambilan keputusan, dan efek samping penyakit serta terapi yang didapat pasien

Bagaimana gambaran kualitas hidup Penderita Kanker Serviks di Indonesia?

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Health Related QOL

- The cancer diagnosis and the treatments may have significant impact on the patients' quality of life.
- There is considerable evidence that patients in chemotherapy may experience effects on a wide spectrum of HRQL issues

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Factors related to QOL

- The physical distress and psychological distress of cancer patients are mutually related (Yang, Jeon, Han, Han, & Eom, 2000), and demographic variables and social support are generally associated with measures of adjustment and QoL
- Medical variables such as time since diagnosis, recurrence status, treatment variables, and stage of disease are not generally associated with measures of adjustment and QoL (Parker, Baile, de Moor, & Cohen, 2003).

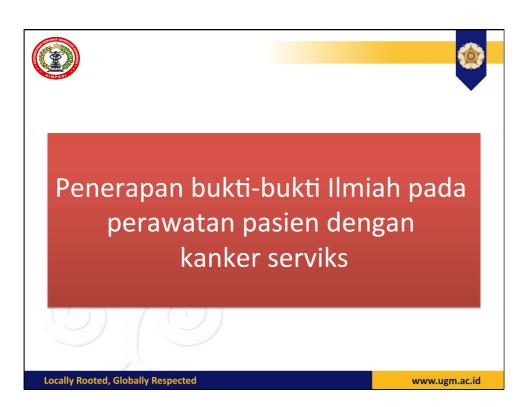
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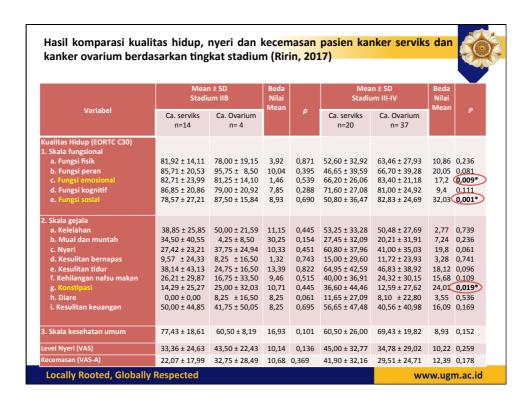
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HRQL after chemotherapy

 Many symptoms and problems had declined or disappeared, but some persisted: anticipatory nausea, weight gain, endocrine effects (e.g., hot flushes/sweats, irregular bleedings/ amenorrhea, vaginal dryness), disturbed sleep, and sexual dysfunction.

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kualitas hidup, nyeri dan kecemasan pasien kanker serviks dan kanker ovarium berdasarkan tingkat stadium (Ririn, 2017)



- Komparasi level nyeri dan kecemasan tidak berbeda bermakna, namun nilai rerata pada stadium IIB pasien kanker ovarium yang tertinggi, sedangkan stadium III-IV pasien kanker serviks tertinggi
- Gejala nyeri menyebabkan pasien menjadi emosional terkait dengan perawatan lebih lanjut, rasa ketidaknyamanan terhadap pengobatan dan keparahan penyakit, harus hidup terus dengan penyakit yang diderita, dan hilang fungsi reproduksi
- Pemikiran terkait kesembuhan penyakit, tentang kematian membuat rasa ketidaknyamanan pasien semakin membesar (Zamurovic & Perisic, 2009).

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Hasil komparasi kualitas hidup, nyeri dan kecemasan pasien kanker serviks dan kanker ovarium berdasarkan lama rawat (Ririn, 2017) Ca. serviks Ca. Ovarium Ca. serviks Ca. Ovarium n=29 n=25 n=5 n=16 66,86 ± 30,06 64,24 ± 28,07 2,62 0,570 52,00 ± 31,69 65,87 ± 27,10 13,87 0,195 62,65 ± 37,70 67,36 ± 39,83 4,71 0,585 63,20 ± 44,74 72,93 ± 36,90 9,73 0,661 73.24 ± 26.84 84.08 ± 22.17 10.84 0.111 71.60 ± 24.79 81.81 ± 18.10 10.21 0.397 79,82 ± 24,53 74,56 ± 25,95 5,26 66,60 ± 31,26 90,56 ± 18,29 23,96 0,118 0,421 59,17 ± 34,96 84,00 ± 24,24 24,83 **0,005*** 80,00 ± 35,97 82,18 ± 24,00 0,857 43.58 ± 30.96 49.80 ± 25.44 6 22 0.363 69.00 ± 21.44 51.43 ± 29.93 17 57 0.242 29,82 ± 34,89 14,60 ± 21,57 15,22 33,40 ± 42,45 25,00 ± 41,29 0,420 0,107 8,4 47,68 ± 37,94 38,04 ± 30,97 0,422 43,40 ± 28,05 44,81 ± 38,82 1,41 0,966 12.65 ± 27.38 12.00 ± 23.39 0.65 0.858 13.40 ± 29.96 10.43 ± 23.55 2.97 0.904 93,40 ± 14,75 39,56 ± 42,58 47,10 ± 44,14 47,96 ± 34,89 0,86 0,836 0,019* 33.34 + 33.42 22,68 ± 28,51 10.66 0.239 40.00 + 43.52 25,00 ± 33,40 15 0.445 46,60 ± 38,10 0,172 20,87 ± 34,23 0,107 24,10 ± 38,72 9,28 ± 22,54 4,58 ± 14,70 5,32 ± 15,75 0,74 0.849 20,00 ± 44,72 12,50 ± 29,52 0.857 56,31 ± 46,40 38,68 ± 40,51 40,00 ± 43,52 43,81 ± 43,46 17,63 0,135 3,81 0,896 67,00 ± 24,08 70,40 ± 20,36 3,4 0,581 70,20 ± 29,26 65,68 ± 17,25 4,52 0,670 40,00 ± 30,47 31,96 ± 27,34 8,04 0,298 41,40 ± 29,15 41,37 ± 29,78 0,03 0,999 34.75 ± 30.34 $28.36 \pm 24,44$ 6.39 0.549 $27,80 \pm 16,72$ $32,12 \pm 25,78$ 4.32 0.731**Locally Rooted, Globally Respected** www.ugm.ac.id

Komparasi kualitas hidup, nyeri dan kecemasan pasien kanker serviks dan kanker ovarium berdasarkan lama rawat (Ririn, 2017)



- Hasil komparasi menunjukkan tidak ada perbedaan bermakna, namun pada lama rawat ≤2 hari berbeda bermakna pada domain skala fungsi sosial, dan pada lama rawat >2 hari berbeda bermakna pada domain skala gejala kesulitan tidur.
- Fungsi sosial memiliki perbedaan nilai rerata tertinggi dan signifikan secara statistik.
- Fungsi sosial merupakan kesejahteraan sosial meliputi hubungan dengan keluarga, teman, selain itu kekhawatiran mengenai pekerjaan, asuransi, dan keuangan juga mempengaruhi kesejahteraan sosial pasien (Suhardin, 2016)
- Beberapa penelitian menyebutkan faktor lain yang mempengaruhi kesejahteraan sosial pasien adalah terkait pendidikan pasien yang rendah, wanita tidak bekerja, jumlah penghasilan (Pinar, et al, 2012; Gruenigen, et al, 2010).

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Kualitas hidup, dan skala fungsional pasien kanker serviks berdasarkan siklus kemoterapi



- siklus kemoterapi > 4-6 berpengaruh pada domain skala fungsional.
- Pasien butuh dihargai, disayangi dan diberi perhatian nyata berupa tindakan, sikap, dan penerimaan anggota keluarga terhadap dirinya
- Dukungan dari keluarga dapat memberikan suatu kepercayaan diri dalam pengobatan (Susilawati, 2013)
- Perbedaan skala fungsi sosial dapat berhubungan dengan fungsi peran dan fungsi emosional pasien karena tingkat keparahan penyakit.
- Kesiapan pasien menerima pengobatan berbeda-beda tiap individu, sehingga tingkat emosional pasien mempengaruhi pemikiran terkait kondisi setelah pengobatan (Kubler-Ross, 2005).

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KONSEKUENSI DARI PERAWATAN KANKER



- · Pekerjaan dan pembiayaan
- Multiple peran dari keluarga
- · Butuh dukungan sosial.
- · Resiko sakit bagi keluarga
- Masalah psikologis meningkat
- · Kualitas hidup keluarga menurun

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Tabel 7. Perbedaan Kualitas Hidup Pasien Kanker Serviks Stadium Lanjut Pasca Kemoterapi dan Pasca Radioterapi (n=94)



	Kualitas Hidup	Nilai Rerata±SB		Perbe	<i>p</i> *
		Pasca Kemoterapi	Pasca Radioterapi	daan Nilai Rerata	
1.	Skala fungsional				
	a. Fungsi fisik	$71,05\pm23,765$	66,56±26,528	4,49	0,462
	b. Fungsi peran	64,55±31,624	67,12±34,439	2,57	0,465
	c. Fungsi emosional	$82,38\pm18,831$	77,76±24,526	4,71	0,659
	d. Fungsi kognitif	$86,32\pm16,657$	$78,41\pm22,682$	7,91	0,129
	e. Fungsi sosial	$78,07\pm25,160$	$73,09\pm23,974$	4,98	0,246
2.	Skala kesehatan umum	59,98±15,116	$70,97\pm16,144$	10,99	0.003
3.	Skala gejala				
	a. Kelelahan	$51,57\pm22,598$	52,06±19,224	0,49	0,901
	b. Mual dan muntah	$65,58\pm24,785$	22,12±32,999	43,46	0.000
	c. Nyeri	$34,97\pm30,744$	37,26±28,153	2,29	0,605
	d. Kesulitan bernapas	$9,95\pm18,683$	$2,94\pm12,654$	7,01	0,073
	e. Kesulitan tidur	$39,43\pm35,066$	30,38±33,260	9,05	0,200
	f. Kehilangan nafsu makan	63,90±34,952	$38,21\pm34,051$	25,69	0,001
	g. Kesulitan buang air besar	$37,25\pm42,602$	20,56±32,859	16,69	0,087
	h. Diare	$8,88\pm23,682$	$9,76\pm19,283$	0,88	0,385
	i. Kesulitan finansial	37.15 ± 33.731	34.29±33.401	2.86	0.695

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Ket: * uji *Mann-whitney* SB=Simpangan Baku

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Emmelia, 2016



PERAN DAN TANGGUNG JAWAB PERAWAT

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• In the context of cancer care, perhaps the most succinct and relevant one is that written by Virginia Henderson (1997):

'Nursing is primarily assisting the individual in the performance of those activities contributing to health and its recovery, or to a peaceful death.'

The statement suggests partnership, helping and dignity – all concepts that are central to the palliative cancer approach to nursing.

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Nurses roles



- The values and beliefs that underpin highquality palliative care are integral to good nursing.
- Nurses are in a unique situation as the only real 24-hour carers in the healthcare system – to incorporate and develop the principles and practice of the palliative approach into their daily work where it is appropriate to do so.

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Cancer Nurse Navigators



Every patient deserves the best care

Partner with patients and families...

- With compassion and concern to offer support, actively listen, and provide reassurance
- Advocate for the unique needs of each patient to assure all care needs are met
- Educate patients regarding cancer diagnosis, treatment options, research, support patient in decision making, engaging them in care planning
- Support patient/family to be engaged and part of the decision making team

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- Assess & Manage psychosocial distress, anxiety, fears
 - Help to "normalize" this very frightening time
 - Coordinate referrals to support services
- Coordinate Continuity of Care
 - Timely access to care, minimize delays
 - Reduce duplication, unnecessary tests, diagnostics
 - Serve as a liaison with the Multidisciplinary team to minimize communication gaps
 - Seamless, smooth handoffs amongst care team
- Identify and minimize barriers to care
 - Financial, transportation, family dynamics
- Support patient and family throughout diagnosis, survivorship, EOL care

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Caring for dying patients



 It is a combination of knowledge, skills and compassion in equal measure, which is sensitive, hopeful, meaningful and dynamic.
 Above all, it is a way of thinking and an attitude of mind that should influence a nurse's behaviour whenever they work with a dying person in whatever setting (Becker et al, 2004)

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IMPORTANT POINTS



- The key is not about how long you spent interacting with a patient, but how you used the time you had with them.
- As nurses we need to promote a patients psychological and emotional wellbeing in order to facilitate physical healing.

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SUMMARY



- 1. Masalah yang paling sering ditemukan pada pasien kanker di Indonesia adalah masalah pada aspek finansial dan fisik (Nyeri dan fatik)
- 2. Unmet needs dialami oleh > 53% pasien pada aspek spiritual, fisik, psikologis, sosial, dan finansial dengan dominasi aspek spiritual dan fisik
- 3. Semakin tinggi unmeet needs, semakin rendah QOL
- 4. Skor kualitas hidup global pasien dengan keganasan adalah 66,7, dengan skala fungsional terendah pada fungsi peran dan skala simtomatik tertinggi pada nyeri, fatik, dan masalah finansial

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