

EVALUATE THE EFFECTIVENESS OF GUIDED IMAGERY TECHNIQUE ON PAIN AMONG PATIENTS WITH BREAST CANCER UNDERGOING CHEMOTHERAPY IN KAMALA NEHRU HOSPITAL, BHOPAL (MP.)

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Abstract	<p>Breast cancer has ranked number one cancer among Indian females with age adjusted rate as high as 25.8 per 100,000 women and mortality 12.7 per 100,000 women</p> <p>Rof Spencer JW & Jacobs JJ,(2015),said that over half of thepatients diagnosed with breast cancer suffer from pain. Often, analgesic medications do not completely relieve the pain and alternative measures are sought out for relief. Mind—body techniques such as guided imagery have been thought to be helpful and used as an adjuvant to pain relief.</p> <p>A Pre experimental study with one group pre-test post-test design with evaluative approach was adopted for the present study. The Numeric pain rating scale (NPRS) used to collect the data from 30 patients with breast cancer undergoing chemotherapy attending OPD/Day care in Kamala Nehru Government Hospital, Bhopal. The samples were selected by using Non Probability convenient sampling technique and written& informed consent was taken from the Patients with breast cancer undergoing chemotherapy.The socio demographic variables and clinical attribute variable of patient with breast cancer undergoing chemotherapy significantly associated with the pre intervention pain score.</p>
Keywords	<p>Breast cancer, Patients with breast cancer, Chemotherapy, Pain, Guided Imagery Technique, Numerical Pain Rating Scale.</p>

INTRODUCTION

WHO (2015) Breast cancer can start in any part of the breast. Invasive (or infiltrating) ductal carcinoma or IDC Invasive (or infiltrating) lobular carcinoma or ILC.

Ferlay J,et. Al, (2012)Breast cancer is the most common female cancer worldwide representing nearly a quarter (25%) of all cancers with an estimated 1.67 million new cancer cases diagnosed in 2012. Women from less developed regions (883 000 cases) have slightly more number of cases compared to more developed (794 000) regions In India,

Kwekkeboom KL, Wanta B, Bumpus M. (2007), revealed that the simplest explanation of guided imagery as one of the types of alternative medicine is the principle of using your own positive reinforcement from the mind to improve your health and well-being. Guided Imagery has been called the language of the mind.

Abbot K. (2011),stated that Guided imagery is the use of relaxation and mental visualization to improve mood and physical wellbeing. Positive imagery can promote relaxation and reduces stress, pain which is controlled by the autonomic nervous system. Guided imagery is a simple tool which can empower you to become a participant in your own healing

NEED FOR THE STUDY

According to **NCRP (2016)** data, every year 80,000 new cases of Breast cancer are detected in Indian cities. The disease claims 35,000 lives every year. The incidence of breast cancer in India was barely 20 per 100,000 urban women. Today, that number has shot up to 28.3 nearly a 50%

jump.

Balasubramaniam S, et., al, (2013) There is a significant increase in the incidence and cancer-associated morbidity and mortality in Indian subcontinent as described in global and Indian studies.

Karthigeyan K. (2012) Earlier cervical cancer was most common cancer in Indian woman but now the incidence of breast cancer has surpassed cervical cancer and is leading cause of cancer death, although cervical cancer still remains most common in rural India.

Shreshtha MALVIA et., al, (2017), The age adjusted incidence rate of carcinoma of the breast was found as high as 41 per 100,000 women for Delhi, followed by Chennai (37.9), Bangalore (34.4) and Thiruvananthapuram (33.7). A statistically significant increase in age adjusted rate over time (1982–2014) in all the PBCRs namely Bangalore (annual percentage change: 2.84%), Barshi (1.87%), Bhopal (2.00%), Chennai (2.44%), Delhi (1.44%) and Mumbai (1.42%) was observed. Mortality-to-incidence ratio was found to be as high as 66 in rural registries whereas as low as 8 in urban registries

While guided imagery cannot fight cancer itself, the technique may help to treat certain cancer-related complications. The technique often involves visualizing in a peaceful place.

Simmonds J Moureen (2010) stated that Pain is complex, multi-dimensional experience. For some people it is major problem others it is minor. Perception of pain affects all aspects of individual's life, it may lead to anxiety, increased heart rate and disequilibrium in the maintenance of body temperature

PROBLEM STATEMENT

Evaluate the effectiveness of Guided Imagery Technique on Pain among patients with breast cancer undergoing chemotherapy in Kamala Nehru Hospital, Bhopal and Madhya Pradesh.

OBJECTIVES

1. To assess the pretest and posttest level of pain among patient with breast cancer undergoing chemotherapy before and after guided imagery intervention.
2. To evaluate the effectiveness of guided imagery in term of comparing pre and post intervention level of pain among patients with breast cancer undergoing chemotherapy.
3. To find out the association between pre interventional level of pain among patients with breast cancer undergoing chemotherapy with selected demographic variables.

HYPOTHESIS

1. There is a significant difference between mean pre and posttest level of pain after application of guided imagery in the reduction of pain among patients with breast cancer undergoing chemotherapy.
2. There is a significant association between pre interventional levels of pain among patients with breast cancer undergoing chemotherapy with selected demographic variables.

MATERIALS AND METHODS

The present study is aimed at exploring the effect of Guided Imagery regarding reduction of pain among patient with breast cancer. Quantitative & Experimental method with evaluative approach was used in present study. A Pre experimental design with one group pretest- posttest design was adopted for the present study. The study was conducted in Kamala Nehru Government Hospital, Bhopal, and M.P. The out patients departments (Day care centre) were selected for data collection. In this present study patients diagnosed with breast cancer attending OPD in J.K. hospital, Bhopal. The sample size selected for the study was 30. & Non Probability Convenient sampling technique was used to select the sample. Informed consent

was obtained in their regional language (Hindi). The pretest was administered and followed by Guided Imagery technique (3 times a day for seven consecutive days) was conducted. The samples were called for the post test after seven days and the same tool (NPRS) was used to collect that data then scored as for each item.

RESULT

Demographic social variable reveals that 76.66% of them were belong to above 40 years age group, 80% of them were Hindu Patients, 56.6% were married, 43.33% of them were House wife and no formal education, 30% of them income 10000 to 20000, 26.66 of them had two children.56.66% of the women got married at the age between 18-20 yrs.

Attribute variables reveals that duration of illness and treatment of chemotherapy less than one year of the patients were 53.33% and 60% of the patients confirmed with Fine needle aspiration cytology test method. 80% of them had no history of hereditary and 70% were vegetarian diet.

Table 1 depicts that in the pretest 66.67% of the patients reported moderate pain, 26.67% &6.66% of them had severe & mild pain in pretest respectively. Whereas, in posttest 90% of the patients reveled moderate pain and 10% of them had mild pain. It reveals that there is a significant pain reduction in the post test pain rating scale scores after implementation Guided Imagery Technique.

Pretest mean pain score was (5.7±1.23), whereas in posttest mean pain score was (4.6±0.88) and the mean difference was 1.1. There is a significant difference between the pre and posttest pain score (t= 9.10 & p< 0.05).

Chi-square test revealed that there is no significant association between pretest level of pain of patient with breast cancer undergoing chemotherapy regarding reducing pain level when compared to their age, religion , marital status , age at marriage , monthly income, no. of children, education except occupation of the patients (the calculated value $\chi^2= 35.08$ and table value 15.51) at level 0.05%

DISCUSSION

The findings of the study are supported by a study conducted by GiftshiaSheny (2015) evaluate the eeffectiveness of guided imagery in terms of reduction of pain among breast cancer patients admitted at international cancer center among 30 patients with breast cancer undergoing chemotherapy. It was found that there was in pre-test moderate pain score was (66.67%), and post test level moderate pain score was (90 %), and actual gain score was 23.33 The mean post -test pain score was found significantly lower than the pretest score therefore the guided imagery is effective in reduction of pain level among patients with breast cancer undergoing chemotherapy.

CONCLUSION

After conducted the study, the investigator reached at the conclusion that all most (90%) the patient had moderate pain level and 10% of them had mild pain. Guided Imagery technique was found to be effective and significantly reduced the level of pain.

Table.1 Distribution of Patients with breast cancer based on pretest and post test level of Pain score.

Sl.No	Level of Pain	Frequency		Percentage		Mean &SD		Paired 't' test value
		Pre Test	Post Test	Pre Test	Post Test	Pre test	Post Test	
1	Mild	2	3	6.66%	10%	5.7±1.23	4.6±0.85	9.10*
2	Moderate	20	27	66.67%	90%			
3	Severe	8	00	23.67%	00			

T₂₉= 2.05

* Significant p <0.05

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