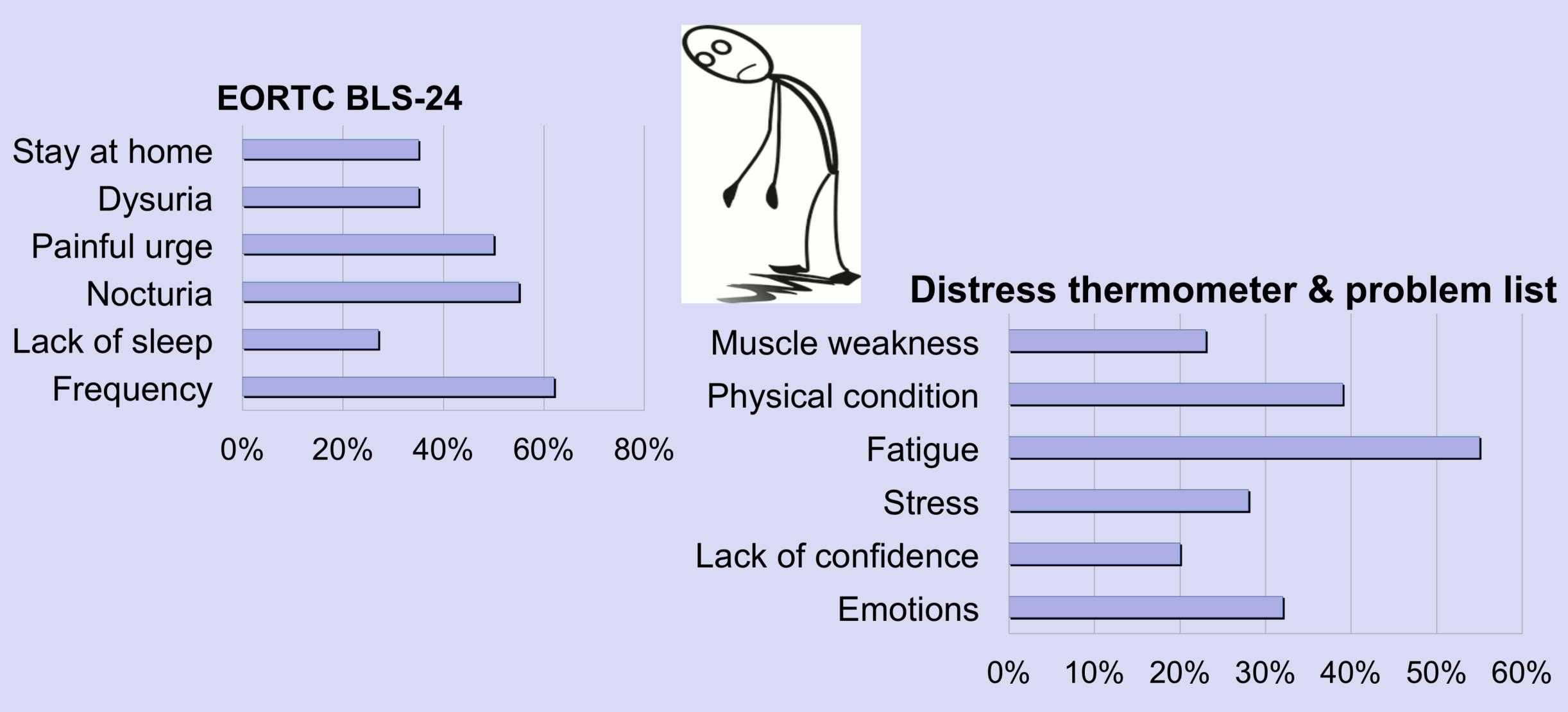
# Psychosocial issues during the treatment of Non-muscle-invasive Bladder Cancer

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# INTRODUCTION AND OBJECTIVES

The psychosocial impact of Intravesical therapy with BCG (Bacillus Calmette Guerin) and MMC (Mitomycin) is an issue that urological oncology nurses, are often confronted with. Yet there is limited data available. The aim of this study is to assess the psychosocial issues or needs of patients, undergoing intravesical therapy with BCG or MMC, and the impact thereof on their daily life, social, emotional and physical well-being.

The results obtained from the Distress thermometer showed that 32,1% of the patients indicated that intravesical therapy with BCG or MMC had an impact on their daily life, social, emotional and physical well-being (Score  $\geq$  5 on the Distress thermometer). Patients undergoing intravesical therapy with BCG showed a significant difference (p=0.001) in psychosocial issues, compared with patients undergoing intravesical therapy with MMC. The psychosocial impact of intravesical therapy increased during treatment among both the BCG and MMC patients, (p=0.001). See the graphs below for specific psychosocial issues that patients, undergoing intravesical therapy with BCG or MMC, were confronted with.





The EORTC BLS 24 and the Distress thermometer and problem list were used. The study population consisted of 80 men and women undergoing itravesical therapy with BCG or MMC aged between 40-95, in the period June 2013 to July 2014.

Questionnaires were completed after induction of BCG or MMC and 6 months later. Questionnaires were also completed during BCG maintenance therapy.



# METHODS

### RESULTS

#### CONCLUSIONS

- emotional and physical well-being, than MMC.
- therapy.
- patients have psychosocial issues which need to be addressed.

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istress thermometer a	and problem list	Prol	blem	list	Yes	No	Physical problems
			id, pleas	e indicate by checking yes or no if any of the	0	0	appearance
ate of today: (day-month-year)			ing has t	een a problem for you in the past week	0	0	changes in urination
			ding toda	y). Be sure to check YES or NO for each.	0	0	constipation
					0	0	diamhoea
ist, please circle the number on the thermometer that best			No	Drasifical problems	0	0	eating
escribes how much distress you have been experiencing in			No	Practical problems child care	0	ő	feeling swollen fever
e past week (including today) physically, emotionally, cially, practically and religiously.			ŏ	housing	ŏ	ŏ	mouth sores
any, proceeding and rengiouory.		0	ŏ	housekeeping	ŏ	ŏ	nausea
10 = Extreme distress	Thermo meter	0	ō	transportation	0	ō	nose dry/congested
		0	0	work/school/study	ō	0	pain
	$(\geq 0 \geq )$	0	0	financial	0	0	sexual
		0	0	Insurance	0	0	skin dry/itchy
					0	0	sleep
	9				0	0	shortness of breath/breathing
	8		_	Family / social problems	0	0	nausea
		0	0	dealing with partner	0	0	speech/talking
	7	0	0	dealing with children dealing with friends/family	0	0	taste velobt obacco
	6	•		dealing with mendariamity	ő	õ	weight change tingling in hands/feet
					ŏ	ŏ	bathing/ dressing
	5 – –			Emotional problems	õ	õ	daily activities
		0	0	keeping emotions under control	ō	õ	fatigue
	4	0	0	memory	0	0	out of shape/condition
	3_	0	0	self confidence	0	0	muscle strength
	2	0	0	fears	-		-
		0	0	depression	Other	problems?	
		0	0	tension/nervousness			
			O O Ioneliness O O concentration				
0 = No distress at all							e to talk with someone about your
		0 0			proble	1187	
		ŏ	ŏ	dependence on others	O yes		O maybe O no
		-	_		-	with who	
				Religious/spiritual concerns			
		-	~		O nurs		O pastoral worker
		0	0	meaning or me			
urce NCCN, USA		0	0	meaning of life trust in God / religion	O diet	cian slotherap	O psychologist (st O patient association

Intravesical therapy with BCG has more of a psychosocial impact on

The psychosocial burden of intravesical therapy with BCG or MMC increases after the induction phase and during BCG maintenance

 In order to provide optimal care for patients undergoing intravesical therapy nurses need to be aware that intravesical therapy does have an impact on daily life, social, emotional and physical well-being. These

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