

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.

METHODS

The EORTC BLS 24 and the Distress thermometer and problem list were used. The study population consisted of 80 men and women undergoing intravesical 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.

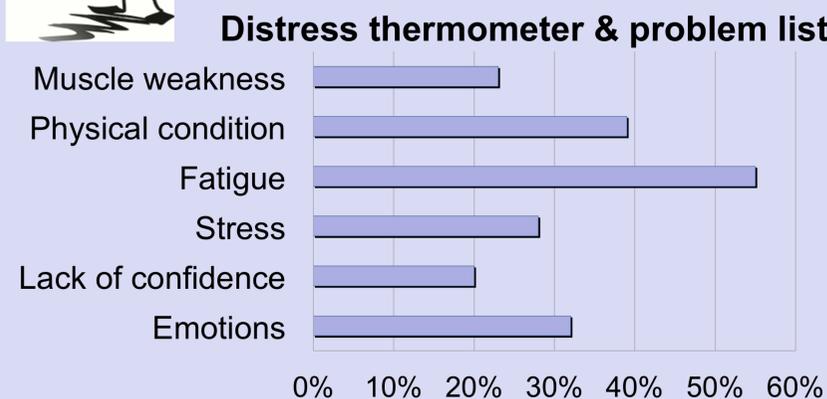
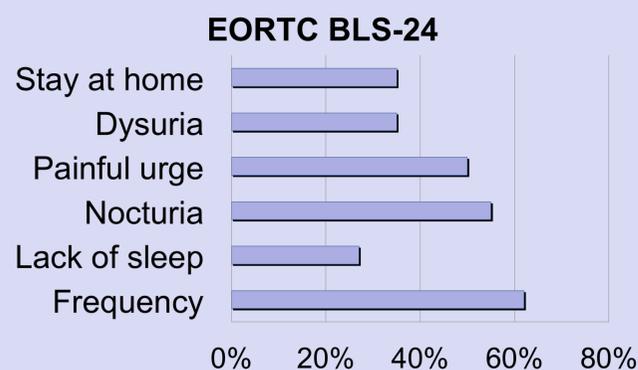
The form includes a 'Distress thermometer' with a scale from 0 (No distress at all) to 10 (Extreme distress). It also includes a 'Problem list' with various categories of issues such as Physical problems, Practical problems, Family/social problems, Emotional problems, and Religious/spiritual concerns. Each item has a 'Yes' or 'No' checkbox.

RESULTS

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 ≥ 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.



CONCLUSIONS

- Intravesical therapy with BCG has more of a psychosocial impact on emotional and physical well-being, than MMC.
- The psychosocial burden of intravesical therapy with BCG or MMC increases after the induction phase and during BCG maintenance therapy.
- 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 patients have psychosocial issues which need to be addressed.

