

EFFECTIVENESS OF CREATIVE VISUALISATION AMONG HEAD AND ORAL CANCER PATIENTS

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DOI: <http://doi.org/10.47211/idcij.2018.v05i01.001>**ABSTRACT**

A quasi experimental study was undertaken to assess the effectiveness of creative visualisation on anxiety among head and oral cancer patients at cancer Centre, Karnataka. Pre-test/ post-test control group design was adopted and the study was conducted among head and oral cancer patients at Cancer Centre Karnataka. Sample size was 80 selected by convenient sampling technique. 40 were selected for experimental group and remaining 40 were selected as control group. Modified Zung anxiety assessment scale was used to measure the anxiety level of the patients. Creative visualisation was the intervention administered for the experimental group. In experimental group 14 (46.7%) were in minimal to moderate anxiety, 16 (53.3%) were in moderate to severe anxiety before and after intervention. In control group 18 (60%) were in minimal to moderate anxiety, 12 (40%) were in moderate to severe anxiety. The mean score of experimental group was $t=4.02$ and 2.64 for control group, which is significant at $p<0.01$ level.

Key Words: Head and oral cancer, patient anxiety.

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INTRODUCTION

Cancer is a group of disease involving abnormal cell growth with the potential to inward or spread to other parts of the body. Possible signs and symptoms include a lump, abnormal bleeding, prolonged cough, unexplained weight loss and changing bowel movements. While these symptoms may indicate cancer, there are 100 types of cancer that affect humans.

Head and neck cancers account for approximately 4% of all cancers in the United States (28). These cancers are more than twice as common among men as they are among women (29). Head and neck cancers are also diagnosed more often among people over age 50 than they are among younger people.

Researchers estimated that more than 65,000 men and women in this country would be diagnosed with head and neck cancers in 2017 (29). In the United States, cancers of the oral cavity and oropharynx represent approximately three percent of all malignancies in men and two percent of all malignancies in women. The American Cancer Society estimates that 28,900 new cases of oral cancer will be diagnosed in 2002, and nearly 7,400 people will die from this disease. Over 90 percent of these tumours are squamous cell carcinomas, which arise from the oral mucosal lining. In spite of the ready accessibility of the oral cavity to direct examination, these malignancies still are often not detected until a late stage, and the survival rate for oral cancer has remained essentially unchanged over the past three decades.

Oral cancer most commonly occurs in middle-aged and older individuals, although a disturbing number of these malignancies is also being documented in younger adults in recent years. From an epidemiological and clinico-pathological perspective, "oral cancer" can be divided into three categories: carcinomas of the oral cavity proper, carcinomas of the lip vermilion, and carcinomas arising in the oropharynx. Intraoral and oropharyngeal tumors are more common among men than women, with a male: female ratio of over 2: 1.2. However, the disparity in the male: female ratio has become less pronounced over the past half century, probably because women have been more equally exposing themselves to known oral carcinogens such as tobacco and alcohol. The annual incidence of oral and pharyngeal cancer in African Americans (12.4 cases per 100,000 population) is higher than among whites (9.7 cases per 100,000); the highest incidence rate is among African-American males (20.5 cases per 100,000 population).

Recent evidence suggests that human papillomavirus (HPV) may be associated with some oral and oropharyngeal cancers. HPV-16 has been detected in up to 22 percent of oral cancers, and HPV-18 has been found in up to 14 percent of cases. 28 Dietary factors, such as a low intake of fruits and vegetables, may also be related to an increased cancer risk. As previously indicated, chronic actinic exposure is associated with the development of carcinomas of the lip vermilion.

Poor oral hygiene is believed to play a role as a risk factor for head and neck cancer, especially for oral cancer. Only few epidemiologic data exist about dental status and oral hygiene in these patients.

OBJECTIVES

1. *To assess the pre-test and post-test level of anxiety in head and oral cancer patients in experimental and control group.*
2. *To assess the effectiveness of creative visualisation in reducing level of anxiety among patients with head and oral cancer in experimental and control group.*
3. *To determine the association between the post-test level of anxiety and selected demographic variables in experimental and control group.*

METHODS AND MATERIALS**Research Setting**

In this study, the setting was the Cancer Centre, Karnataka.

Population

The population selected for the study was head and oral cancer patients with anxiety,

Sample Size

The sample comprised of 80 head and oral cancer patients with anxiety, in which 40 for experimental group and 40 for the control group.

Sampling Technique

Convenient sampling technique was used.

Research Tool

- Part 1 consisted of items related to demographic variables of head and oral cancer patients with variables like patients age, sex, religion, marital status, educational status, occupation, type of family, monthly income

status, residents of patient and duration of illness.

- Part 2 consisted of modified Zung anxiety assessment scale for cancer patients which consisted of 25 items that were used to assess the anxiety level of head and oral cancer patients.

Procedure of Data Collection

- * Sample was selected by convenient sampling method
- * Pre-test was done for the patients to assess the anxiety level.
- * Creative visualisation was given as intervention.
- * Post-test was carried out.

RESULT

Data on the level of anxiety among head and oral cancer patients before and after creative visualisation

| Sl. No | Level of Anxiety | Pre-test (n=30) | | | | Post- test (n=30) | | | |
|--------|---------------------|--------------------|------|---------------|----|--------------------|------|---------------|------|
| | | Experimental group | | Control group | | Experimental group | | Control group | |
| | | F | % | F | % | F | % | F | % |
| 1. | Normal | – | – | – | – | 10 | 33.3 | 04 | 13.3 |
| 2. | Minimal to Moderate | 14 | 46.7 | 18 | 60 | 14 | 46.7 | 17 | 56.7 |
| 3. | Moderate to Severe | 16 | 53.3 | 12 | 40 | 07 | 20.0 | 09 | 30.0 |
| 4. | Most Extreme | – | – | – | – | – | – | – | – |

Data on comparison of the effects of creative visualisation on anxiety among head and oral cancer patients

| Sl. No. | Scores | Experimental group (n=30) | | MD | Paired t- value | Control group (n=30) | | MD | Paired t- value |
|---------|-----------|---------------------------|------|-------|-----------------|----------------------|------|-------|-----------------|
| | | Mean | SD | | | Mean | SD | | |
| 1. | Pre-test | 59.0 | 7.53 | 51.48 | 4.05 *S | 57.6 | 7.80 | 49.80 | 2.64 #NS |
| 2. | Post-test | 51.3 | 7.27 | 44.03 | | 52.7 | 6.57 | 46.13 | |

Data was analysed on association between post-test level of anxiety among head and oral cancer patients with selected demographic variables.

There will be a significant difference between post-test level of anxiety among head and oral cancer patients in experimental and control group.

CONCLUSION

The experimental group 14 (46.7%) were in minimal to moderate anxiety, 16 (53.3%) were in moderate to severe anxiety before and after intervention. In control group 18 (60%) were in minimal to moderate anxiety, 12 (40%) were in moderate to severe anxiety. The mean score of experimental group was $t=4.02$ and 2.64 for control group, which is significant at $p<0.01$ level.

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