

QUALITY OF LIFE DURING IN-HOSPITAL EXERCISE TRAINING AND CHEMOTHERAPY TREATMENT IN PATIENTS WITH NON-SMALL CELL LUNG CANCER

Anna Rutkowska¹

Sebastian Rutkowski¹

Henryk Rachenik¹

Jan Szczegielniak¹

Dariusz Jastrzebski²

¹Institute of Physiotherapy, Department of Physical Education and Physiotherapy, Opole University of Technology, Opole, Poland.

²School of Medicine with the Division of Dentistry, Department of Lung Diseases and Tuberculosis, Medical University of Silesia, Zabrze, Poland

Several trials provide evidence that rehabilitation offers a benefit in advanced lung cancer patients with respect to survival, physical fitness and quality of life (QOL).

The aim of this study was to assess the impact of exercise training in patients with non-small cell lung cancer during chemotherapy on QOL in comparison to control group. The exercise trained group (ETG) consisted of 20 patients and the control group (CG) consisted of 10 patients. The training program in the ETG, ran for a two 2-week cycles interspersed with consecutive rounds of chemotherapy with cytostatic drugs. Comparison of the changes in the The Short Form (36) Health Survey (SF-36), St. George's Respiratory Questionnaire (SGRQ), Functional Assessment of Cancer Therapy - Lung (FACT-L) were the primary outcome. Analysis was performed using the non-parametric Wilcoxon's test.

Quality of life in the ETG, analyzed by questionnaire SF-36 showed variable results depending on the analyzed module, nonetheless not statistically significant. In the CG the statistically significant decrease in average scores regarding the physical functioning was recorded. The analysis of the data in the ETG showed a significant improvement within results of SGRQ in all three tested modules and in global analysis. In the CG the differences were not statistically significant. The analysis of total questionnaire FACT-L showed a decrease in average values. There were no statistically significant changes. Analysis of the questionnaire FACT-L showed a not statistically significant changes in quality of life in the CG.