ภาวะน้ำลายแห้ง วิธีการจัดการ และผลลัพธ์ของผู้ป่วยมะเร็งศีรษะและคอขยายหลังได้รับรังสีก้า

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บทคัดย่อ: การวิจัยเปรียบเทียบเรื่องที่เกิดจากการน้ำลายแห้ง วิธีการจัดการ และผลลัพธ์ของผู้ป่วยมะเร็งศีรษะและคอขยายหลังได้รับรังสีก้า.

ผลการวิจัย: พบว่ามีการน้ำลายแห้งสูงสุดในกลุ่มผู้ป่วยที่ได้รับรังสีก้า.

คำสำคัญ: ภาวะน้ำลายแห้ง วิธีการจัดการ ผลลัพธ์ของผู้ป่วยมะเร็งศีรษะและคอ ภาวะคอขยายหลัง ผลของการรังสีก้า
Experience of Xerostomia, Management, and Outcomes in Patients with Head and Neck Cancer post Radiation

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Abstract: The purpose of this descriptive research was to describe experiences of xerostomia, management and outcome, and their relationship in patients with head and neck cancer, post radiation. The symptom management model revised by Dodd and colleagues was applied as the conceptual framework of the study. The participants included 100 patients with head and neck cancer who had received radiation, recruited by purposive sampling from Otolaryngology Department, and Department of Radiology, at a university hospital. Data was collected using a set of questionnaires including the Patient’s Profile Form, the Xerostomia-Related Quality of Life Questionnaire, the Xerostomia Questionnaire, and the Symptom Management Strategies Questionnaire, during January to April 2008. Descriptive statistics and Pearson Product Moment Correlation were used in data analysis. Results showed that the majority of the participants were male (70%), aged from 18 to 77 years with a mean of 52.56 years, had nasopharyngeal cancer (41%), and had received combination treatment with chemotherapy and radiation therapy. Experiences of xerostomia were various ranging from the lowest to highest score. The top five most favorable methods for management were: 1) foods containing water, sipping water (99%); 2) avoiding spicy and salty food (98%); 3) mouth rinsing and avoiding alcoholic drinks and tobacco (96%); 4) brushing teeth after meals (95%); and 5) following up with dentist (92%). The sources of knowledge in managing the symptom were physicians (84%) and nurses (61%). More than half (57%) reported that their xerostomia had improved. The overall xerostomia-related quality of life ranged from the lowest to highest score by which the mean and the median scores were low, indicating good quality of life. In addition, the analysis revealed that xerostomia was significantly correlated with lower quality of life and higher dose of radiation, whereas xerostomia was non-significantly, negatively correlated with the duration of post radiation. In sum, xerostomia is more severe when the dose of radiation is higher, regardless of how long the radiation treatment has been completed.

Keywords: Xerostomia, Head and neck cancer, Radiation, Symptom experience, Symptom management, Outcomes

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