

ABSTRACT

THE EFFECTS OF HOME BASED EXERCISE TRAINING TO PHYSICAL PERFORMANCE, FATIGUE AND QUALITY OF LIFE ON BREAST CANCER PATIENT RECEIVING CHEMOTHERAPY IN RUMKITAL DR RAMELAN SURABAYA

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Cancer and its treatment produce a myriad of burdensome side effects and may significantly impair quality of life. The purpose of this study was to examine the effects of Home Based Exercise Training (HBET) to physical performance, fatigue and quality of life on breast cancer patient receiving chemotherapy. This study used quasi experimental with one group pre-post test design approach. Data were collected from breast cancer patient in Bedah I Rumkital Dr. Ramelan Surabaya. Patients were recruited by using consecutive sampling technique, consisted of 26 patients who met inclusion criterias. Patients who were assigned to HBET group performed 3 weeks of walking program. Test Timed Up and Go (TUG) was used to assess physical performance, while Brief Fatigue Inventory (BFI) was used to measure fatigue and The European Organization for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30 (EORTC QLQ-C30) to assess quality of life. Paired t-test showed a significant result with $p < 0.0001$ for physical performance, cancer related fatigue and quality of life. Breast cancer patients who received HBET saw improvements in physical performance and quality of life, also reduction in fatigue. The results showed that HBET is effective in promoting and maintaining both physical performance and quality of life, as well as reducing fatigue by increasing emotional and physical wellbeing on breast cancer patient receiving chemotherapy. Further research needs to consider homogeneity of intensity of HBET and regimen of chemotherapy.

Keywords: Home Based Exercise Training, breast cancer, physical performance, quality of life, fatigue, chemotherapy