Chemotherapy Induced Nausea and Vomiting and Quality of Life of Patients On Moderate And Highly Emetogenic Chemotherapy

Eznal Izwadi Bin Mohd Mahidin, Wan Zamaniah Binti Wan Ishak

Background: Chemotherapy-induced nausea and vomiting (CINV) in cancer treatment are symptoms most feared by patients (pts). The study aim is to analyze the impact of CINV associated with moderately (MEC) or highly emetogenic chemotherapy (HEC) regimes on pts’ quality of life (QOL).

Methods: Prospective observational study was done among pts receiving MEC or HEC in University Malaya Medical Center. 88 patients (pts) fulfilled the inclusion criteria. Pts were prescribed standard anti-emesis based on national guidelines. Each pt filled up a diary for each cycle from the day before chemotherapy up to day 5 days which included details of emesis history. Pts completed the self-report European Organization for Research and Cancer (EORTC) core Quality of Life Questionnaire (QLQ-C30) before chemotherapy (baseline) and day 5 after each cycles, for 3 consecutive cycles. To estimate the effects of CINV on QOL, the change in scores between the baseline and day 5 HQL assessments was calculated for each domain the QLQ-C30 and compared in 3 subgroups of pts: 1) with both nausea and vomiting, 2) with nausea but no vomiting, 3) with neither nausea nor vomiting.

Results: Total of 33 pts (37.5%) develop vomiting during cycle 1, 34 (38.6%) in cycle 2 and 38 (43.2%) in cycle 3. For nausea, 50 pts (56.8%) developed nausea cycle 1, 58 patients (65.9%) in cycle 2 and 3. The incidence of vomiting is higher in female (p-value <0.001) and pts who underwent HEC (p = 0.02). Pts who did not suffer from nausea or vomiting have higher score Global Health Status (GHS) throughout 3 cycles of treatment with p-value <0.05. Emotional functioning score is also found to be higher in the same group of pts during cycle 1 (p = 0.011) and cycle 3 (p = 0.013).

Conclusion: The study demonstrated a significant no of pts who underwent MEC or HEC suffered CINV despite the use of standard anti-emetics treatment. We demonstrated that pts who did not suffer from CINV have better QOL.