

**A Study Of Health Related Quality Of Life and Some Emotional Disturbances
In Cancer Survivors Children
(Experience of pediatric oncology unit of Abu El-Reesh New Children Hospital)**

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Introduction:

Our study is a step in the of concern for the human side of cancer path; it was designed to assess the Health Related- Quality of Life (HR-QOL) in survivors and its relation to various treatment, disease, and patient related variables and to estimate the frequency of some physical and/or psychological late effects in these children and correlating these late effects, if any, to the previously mentioned variables and HR- QOL.

Sample:

The study was conducted on 55 children of cancer survivors who were recruited from the outpatient pediatric oncology unit of Abu El-Reech New Children's Hospital (P.O.C.H), Faculty of Medicine, Cairo University. All survivors have been in complete remission for at least 2 years at the study entry.

They included survivors from different types of childhood malignancies, the study group was compared to 55 healthy children of age (mean age $X = 10.3$ years ± 2), sex (37 males= 67.3% and 18

females= 32.7%), residence and socioeconomic status- matched siblings of the former cancer patients (control group).

Before enrollment in the study, explanation for parents and children and consent was the role for sharing in this study. Also, all children were screened at the start of the study using the Good enough Draw-a-man test to exclude mentally retarded. None of the study group showed $IQ < 70$.

All former patients' medical records were reviewed from the time of diagnosis till the last date of follow-up. Moreover, all children were subjected to: thorough history taking and socioeconomic status assessment, and detailed clinical examination lying stress on:

- ✧ Any cosmetic or functional impairment secondary to cancer and its treatment.
- ✧ Nutritional assessment through Anthropometric measurements and CBC.
- ✧ Growth assessment for all children. Growth velocity follow- up (for a median period of 18 months), routine Karyotype for short females

unit and the baby was standardized at 50 cm.

The result of that study was the mean (standard deviation) decrease in total serum bilirubin levels after 4 hours of phototherapy was significantly ($p < 0.001$) higher in the study group (1.097 mg/dl) than in the control group (0.19 mg/dl) Also Kaplan-Maier statistics shows the probability of the duration of phototherapy among the study group 52 hours and the control group 90 hours. No difference in adverse events was noted in terms of hyperthermia or hypothermia, weight loss, rash, loose stools.

Conclotions:

From the study, it is concluded that:

1. Hanging white curtains around phototherapy units significantly increases the efficacy of phototherapy in the treatment of neonatal jaundice without evidence of increased adverse effects.
2. Neonatal jaundice is a common problem worldwide and it is effectively treated with phototherapy. Multiple phototherapy units are sometimes used to increase the light intensity and thus improve the efficacy of phototherapy. However, light and area of light exposed skin can also increased through the use of reflecting surfaces (eg, white curtains hung from the sides of the phototherapy unit).
3. In developing countries, where the number of babies with jaundice may be high, approach to obtain the maximum possible effect and use from each phototherapy unit. So it could be proved that single phototherapy alone with low cost reflecting curtains is more effective than single phototherapy alone, it might be a valuable alternative to double phototherapy in the treatment of infants with jaundice.

Recommendations:

1. Hanging white curtains around phototherapy units significantly increases efficacy of

phototherapy in the treatment of neonatal jaundice without evidence of increased adverse effects.

2. Single phototherapy alone with low cost reflecting curtains is more effective than single phototherapy alone, it might be a valuable alternative to double phototherapy in the treatment of infants with jaundice.