

**UNIVERSITI TEKNOLOGI MARA**

**EVALUATING THE EFFECTS OF  
CHEMOTHERAPY-INDUCED NAUSEA AND  
VOMITING (CINV) ON PATIENTS' DAILY  
ACTIVITIES.**

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## ABSTRACT

Despite the improvements of the anti-emetic therapy that has become more effective, safer and fewer side effects, a significant number of patients still experience nausea and vomiting. There is still lack of proper control of nausea and vomiting that suits the level of emetogenic despite administering anti-emetic therapy. The objective of this study is to assess the frequency of acute and delayed nausea and vomiting among cancer patients receiving chemotherapy in the hospitals. Besides, the aims are also to identify relationship of CINV with patient's variables and emetogenic level of chemotherapy regimen and to assess the usage of anti-emetic agents. The most important measure is to assess the impact of chemotherapy-induced nausea and vomiting (CINV) on patient's daily activities. A face to face interview and self administered diary will be distributed by the researcher through volunteers' verbal consent to participate in the study. The diary will be returned to the researcher on the next chemotherapy treatment or the patient can return back the diary via mail. Fifty patients from four different hospitals were involved in this study. Almost 28% of the patients reported having vomiting and almost half reported nausea (at least mild or severe) after chemotherapy. In total, almost 90% of the patients with occurrence of nausea/vomiting or both were reported IDA. 70% of the patients with absence of nausea /vomiting or both were experiencing NIDA. Based on the present findings, CINV remains poorly controlled and significantly interferes with the patient's daily activities. Availability of anti-emetic therapy has not yield the optimal care to the patient with chemotherapy-induced nausea and vomiting (CINV).

## **CHAPTER 1**

### **INTRODUCTION**

According to World Health Organization (WHO, 2009) cancer can be defined as uncontrolled growth of the cell that will invade to the surrounding tissue and can metastasize to distant sites. Worldwide, the prevalence of cancer in 2002 was 10.9 million of new cases that had been reported. It is estimated that the number of new cases will be increased to 15 million by 2020 which is an increased of almost 38%. In terms of deaths, in 2002 there were 6.7 million deaths reported worldwide and estimated to be elevated to 12 million deaths by 2030 (an increased of almost 52%). The most common types of cancer that have been diagnosed are lung cancer, stomach cancer, liver cancer and breast cancer. The prevalence of cancer among residents in peninsular Malaysia is alarming. A total of 26, 089 cases were diagnosed in the year 2002, comprising 11,815 males and 14,274 females. An estimated 10,656 cases were however not registered. In terms of risk, 1 in 5.5 Malaysians can be expected to get cancer in his or her lifetime. Taking into account unregistered cases, the risk would be 1 in 4 Malaysians. The crude rate was 148.4 per 100,000 populations for females and 118.9 per 100,000 populations for males. The most frequent cancers in men were cancers of the lung, nasopharynx, colon, leukaemia, rectum and prostate and the most frequent cancers in women were cancers of the breast, cervix, colon, ovary, leukaemia and lung (National Cancer Registry, 2002).