

**COMPARISON IN WEIGHT CHANGE ON BREAST CANCER PATIENTS IN  
HOSPITAL SULTANAH NUR ZAHIRAH**



**UNIVERSITI TEKNOLOGI MARA  
PULAU PINANG  
KAMPUS BERTAM**

**DIPLOMA IN PHARMACY**

**PREPARED BY:  
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AINUN AQILAH BINTI SARIZAN  
MOHAMMAD NA'IM BIN MOHD NIZAM**

**MARCH 2018**

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Submitted in partial for the Diploma in Pharmacy in the  
Faculty of Pharmacy,  
University Technology MARA,  
Kampus Bertam, Pulau Pinang.

**March 2018**

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## Abstract

**Background:** The society tends to believe and think that people who have undergone chemotherapy session will lose their weight. Many of them trust that ideology with other equivalent side effect, for example like hair loss (alopecia), and lose appetite. Most of the patients that undergo the chemotherapy session in Hospital Sultanah Nur Zahirah are breast cancer patients. Usually the most common chemotherapy protocol that being used by breast cancer patient is FEC protocol, follow up with FEC+Docetaxel protocol and Docetaxel alone, according to the staff in oncology department.

**Objectives:** we use two types of protocol which are FEC protocol and solely Docetaxel protocol, to see their effect on the weight changes of the breast cancer patients. On the same time, we also investigate whether age group will have effect on the weight changes in chemotherapy.

**Methods:** Later on, we continue our retrospective research with data collection in oncology department. Our study subject is patients that complete their chemotherapy cycles of FEC or Docetaxel in HSNZ. We take 50 data on FEC and 30 data of patients on Docetaxel. As patients that undergo Docetaxel regimen are limited we could only found 30 of them that have a complete data. We use IBM SPSS to analysis the data and use Microsoft Excel 2010 to illustrate the result.

**Results:** As a result, after testing the before and after weight of chemotherapy, we believe that for the first objective, the weight for breast cancer patients who has taken FEC regimen has loses their weight from start of chemo until end while for the second objective, the patients' weight also has decreased. While for our third objective, we test to see whether there is any relationship between age group with weight reduction. Hence it prove to us that there is no relationship from that. In other word, weight reduction after chemotherapy did not affect by age group.

**Conclusion:** In this project that we have conducted, we found that both FEC and docetaxel regimen reduced patients' weight after chemotherapy, although for FEC case, it differs from the journal that we have read. This must be because of differs in lifestyle and eating habit. We also run a test to see whether the age group will have any effect on weight reduction in chemotherapy, whether the older someone gets, the more weight he/she will loss after chemo. Hence the result shows that there is no relationship between age group and weight reduction after chemotherapy. Therefore, age do not affects weight reduction.

## ACKNOWLEDGEMENT

First and foremost, thank to Allah for all His Kindness that give His consent so, our final year project could be finished right on time.

In this section, we avail this opportunity to express our sincere gratitude to people that participating and assisting us to complete this undertaking project because without them we could not finish this project.

To begin with, we heartily thankful to our preceptor, Mrs. Maisom Binti Hamat, whose encourage, guidance and support from the initial to the final level enabled us to develop an understanding of the project and without her, this project would not been completed or written. Also who always advise us in many other ways that make really grateful to have her as our preceptor. Afterward, we would like to express our thankful to the head of pharmacy in TPN and CDR department, Mrs. Wan Nabihah Wan Radzi. That have support us in a number of ways. They also had provided a room for us to do our project although, she really busy with her work she really considerate to us.

Moreover, a thousand thanks to Mr. Amin and Mr. Azrai Shukran Muhamad our supervisor on Oncology department in Hospital Sultanah Nur Zahirah, whose responsible and guiding us for the knowledge that we gained to complete our final project. They respond promptly and enthusiastically to our request, despite of their congested schedules. Without their help we could not finishing our research as we know our research in Hospital Sultanah