

Endocrine Symptoms, Depressive Symptoms, Fatigue, and Sleep Quality in Taiwanese Women With Endometrial Cancer

Chia-Chun Li, PhD, MSN, RN

school of Nursing, Chang Gung University, Taoyuan City, Taiwan

Purposes: The purposes of this study were to explore the prevalence of endocrine symptoms, depressive symptoms, and fatigue before surgery and at 3 months and 6 months after surgery and to investigate the profile of sleep quality in Taiwanese women with endometrial cancer before surgery and in a 6-month period after surgery.

Methods: This was a prospective, longitudinal pilot study. Three structured questionnaires were utilized, including the Functional Assessment of Cancer Therapy-Endocrine Symptoms (FACT-ES), the Center for Epidemiologic Studies Depression Scale (CES-D), and the Functional Assessment of Cancer Therapy-Fatigue subscale (FACT-F). Participants also wore a wrist actigraph on their nondominant wrist for 3 days at each follow-up time point to measure their sleep quality. The data were analyzed using descriptive and inferential statistics, including repeated measures analysis of variance.

Results: Sixteen women with a new diagnosis of endometrial cancer were recruited through the gynecology clinic in a medical center, and all of them have completed all assessments at three time points. The sample had a mean age of 54.66 years (SD = 8.69). The majority of women were married or partnered (75%) and unemployed or retired (56.2%). Before surgery, the mean scores of the FACT-ES, CES-D, and FACT-F were .82 (SD = .36), 11.40 (SD = 1.90), and 10.38 (SD = 7.80), respectively. Following up at 3 and 6 months after surgery, only the mean score of FACT-ES had significantly decreased ($p < .05$). The mean scores of CES-D and FACT-F did not have significant changes at 3 and 6 months after surgery. Using the wrist actigraph to measure sleep quality, the averages of sleep efficiency at 3 time points were 81.50% (SD = 7.67), 80.93% (SD = 6.35), and 78.12% (SD = 6.13), respectively. The sleep efficiency was slightly decreased before surgery and in a 6-month period after surgery; however, the changes did not reach statistical significance.

Conclusions: In a 6-month period after surgery, endocrine symptoms would significantly decrease. However, the sleep efficiency in this sample was lower than 85% whether measured before the surgery or at 3 and 6 months after surgery. The previous study has indicated that poor sleep quality has a significant relationship with poor quality of life (Sanford et al., 2013). The sleep issues in this population should be paid more attention; in addition, the strategies for improving sleep quality should be provided in a timely manner.

Acknowledgment: This study was supported by the Ministry of Science and Technology and LinKou Chang Gung Memorial Hospital.

Title:

Endocrine Symptoms, Depressive Symptoms, Fatigue, and Sleep Quality in Taiwanese Women With Endometrial Cancer

Keywords:

sleep quality, Endocrine symptoms and endometrial cancer

References:

Sanford, S. D., Wagner, L. I., Beaumont, J. L., Butt, Z., Sweet, J. J., & Cella, D. (2013). Longitudinal prospective assessment of sleep quality: before, during, and after adjuvant chemotherapy for breast cancer. *Support Care Cancer*, 21, 959–967.

Abstract Summary:

The target audience for this presentation is health care providers who take care of women with endometrial cancer and researchers who are interested in conducting studies about women's endocrine symptoms, depressive symptoms, fatigue, and sleep quality.

Content Outline:

Main Points of this presentation:

1. Discuss prevalence of endocrine symptoms, depressive symptoms, and fatigue in women who have been diagnosed with endometrial cancer;
2. Understand the effect of the endometrial cancer diagnosis on sleep quality before the surgery and at 3 and 6 months after surgery.

First Primary Presenting Author

Primary Presenting Author

Chia-Chun Li, PhD, MSN, RN
Chang Gung University
school of Nursing
Assistant professor
Guishan Dist.
Taoyuan City
Taiwan

Professional Experience: Chia-Chun Li was an Oncology nurse for three years in Taiwan. Now she is an assistant professor in Chang Gung University, School of Nursing. Her major research field is gynecological cancer nursing.

Author Summary: Chia-Chun Li is an assistant professor at the School of Nursing, College of Medicine, Chang Gung University. She is also an assistant research fellow at the Department of Obstetrics and Gynecology, LinKou Chang Gung Memorial Hospital. She earned her doctoral degree at the University of Texas at Austin. Her major research field is in women's health, especially gynecological cancer. She has published several research articles related to women's health issues in reputed professional journals.