A Phenomenology of the Lived Experiences of Bahraini Women Undergoing Breast Cancer-Related Chemotherapy

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**Conflicts Of Interest Statement:**

The Author Certify That She Has NO Affiliations With Or Involvement In Any Organization Or Entity With Any Financial, Or Non-financial Interest In The Subject Matter Or Materials Discussed In This Manuscript.

Study Sponsorship: Think Pink Society, Bahrain Branch.

Employer: Ministry Of Health.

Sponsorship for Presentation : Ministry Of Health- Kingdom Of Bahrain
Introduction

- Breast cancer affects women worldwide. (Hill and White, 2008).
- Most common type of cancer in the Arab World (Alawadi and Ohaeri, 2009).
- Approximately 207,090 in 2010 in the U.S. (American Cancer Society, 2010)
In Europe 7,059 in 2006 (Browall et al, 2008; Hagedoorn et al, 2008).

Bahrain has highest rate in Middle East-49% (Al Hajeri, 2011).

In Bahrain chemotherapy unit 115 new cases in 2010 (Al Zaman, 2010).
Chemotherapy is a central treatment.

- Stress,
- Anxiety,
- Alopecia
- Loss of appetites  
  (Jemal et al, 2009).

Side effects affect patients’ quality of life (Bryar et al, 2006).
Aim Of Study

To explore the lived experiences of Bahraini women on breast cancer-related chemotherapy focusing on their psycho-social needs which affect their quality of life.
What are the lived experiences of Bahraini women who undergo chemotherapy treatment for breast cancer?
Significance of the Study

- Gather rich information for the first time in Bahrain.
- Discover women's experiences from their own perspectives.
- Find new knowledge to enhance nursing care in order to improve patients quality of life.
- Develop an educational program for patients and their families.
Methodology

- Qualitative Phenomenology
- Naturalistic paradigm
- Sample of 10 Bahraini women on 6 cycles of chemotherapy
Methodology

- Four steps of phenomenological interpretive data analysis: (Van Manen, 1990).

1. Thematic analysis
2. Theme identification
3. Reflection and imaginative variation (transformation, coding, categorization)
4. Synthesis
Data Collection

- Face-to-face in-depth interviews.
- Open-ended questions to explore lived experiences.
- Ensure that participant had opportunity to tell the reality of their experiences.
- Depth encouragement.
Findings

- Life became dark
- Always ready to help
- Closed Doors
- Cancer sticking in my family
- God helping me
- Concerns important to me
Life Became Dark

- Shock and denial
- Helplessness and uncontrollability
- Feeling of loss and fear
- Negative thoughts and feelings
“... when the doctor announced that I had cancer, I felt all my life became dark at this moment. I cannot express my feeling. It was very difficult to accept the fact and I felt depressed. I didn’t bother to take care of myself and neglected food, good dress and my body... I really believe that I would die soon and couldn’t stop it.”
Cancer sticking in my family

- Family members died of cancer
- Fear of breast cancer for daughters
- Worry for other female family members
I have a strong risk factor of cancer. My mother, grandmother, and two aunts had passed away due to breast cancer. My oldest sister has breast cancer. I was very scared of getting the disease.
Closed Doors

- Avoidance of social contacts
- Confinement at home
- Not sleeping with husbands
- Not attending outside activities
I totally avoid any close contacts with my friends. I feel and have stopped joining my friends in their gatherings. I prefer to stay at home with my children and avoid any outdoor activities.
Conclusions

- Breast cancer patients suffer from physical and social stresses.
- Proper support are essential to cope with the stress effectively.
- Breast cancer patients have important concerns that need to be addressed.
Recommendations

- Evaluating care and services provided to patients to identify areas of improvement.
- Improving oncology nursing practice to help nurses care for patients more effectively.
- Applying relevant information to patients and their families.
- Forming support groups.
Recommendation

- Increase public awareness.
- Creating management team through Think Pink to conduct workshops on breast self-examination.
- Implementing strict rules and regulations on the use of cancer causing substances.
- Further research from different perspective, using a larger sample.
References


Questions
Thank You for Listening