UNIVERSITI PUTRA MALAYSIA

RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND QUALITY OF LIFE OF ADVANCED CANCER PATIENTS IN SELECTED HOSPICES IN PENINSULAR MALAYSIA

NEGAR SHAHMORADI

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By

NEGAR SHAHMORADI

Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in Fulfilment of the Requirements for the Degree of Master of Science

February 2010
DEDICATION

I would like to dedicate this thesis to

All patients who had contributed to this study
For their great assistance and support for this research throughout the course of this study

Associate Professor Dr. Mirnalini Kandiah, my supervisor who greatly assisted and guided me throughout the research and in writing this thesis

My beloved parents, Shamsuddin and Azam; my honored sister and her family, Targol, Mohammad and Heerud
For their endless support, encouragement and great inspiration all the way since the beginning of my research. I love you.

Finally, I have to thank my wonderful friends in Malaysia who constantly motivated and supported me in all ways possible
Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Master in Nutritional Sciences

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Chairman: Associate Professor Mirnalini Kandiah, PhD
Faculty: Medicine and Health Sciences

In Malaysia, cancer is ranked third among most frequent causes of medically certified deaths. A total of 75,744 new cancers cases were diagnosed among Malaysians in the years 2003-2005. Cancer and cancer therapy associated complications tend to change patient’s metabolism and nutritional status and in general quality of life (QOL). In the advanced stages when the disease becomes incurable, and treatment has failed, patients often seek the assistance of hospice facilities for palliative care. The objective of this cross-sectional study was to determine the relationship between nutritional status and quality of life among advanced cancer patients in hospice home care, as well as to determine the significant predictors of nutritional status. The study also examined the relationship between subjective indicators and objective indicators of nutritional status. The study was conducted on 61 patients cared by selected hospices in Peninsular Malaysia. To be eligible for this study, patients were screened for functional status using the Eastern Cooperative Oncology Group (ECOG) scale. Patients with ECOG 0-3
indicating good to fair functional status were recruited with informed consent. Information on socio-demographic, disease status, nutritional status and quality of life, complementary and alternative medicine use, nutritional support, were obtained. Assessment of nutritional status was performed using the Patient-Generated Subjective Global Assessment (PG-SGA), dietary intake and anthropometry measurements. Anthropometry evaluations included height, weight, triceps skinfold, mid-upper arm circumference and arm muscle area. The Hospice Quality of Life Index (HQLI) was used to determine quality of life of the subjects.

Patients were between 18 to 74 years old and the mean age was 59.2 ± 12.5 years. Males comprised 45.9% of the sample while 54.1% of them were females. Chinese subjects (67.2%) were predominant, followed by Malays (18%) and Indians (14.8%). The primary disease stage for majority of patients (72.1%) was stage four. The most common cancers were breast (18%), rectum (13.1%) and colon (13.1%). The PG-SGA found 14.7% (9) of 61 patients to be well nourished, 52.5% (32) were moderately or suspected of being malnourished and 32.8% (20) of them were severely malnourished. The mean total PG-SGA score was 13.6 ± 7.0, which indicated a critical need for nutrition intervention. In addition, the negative correlation was found between PG-SGA score and objective indicators of nutritional status. General Linear Model (GLM) univariate analysis revealed that only ethnicity (p=0.016), ECOG status (p=0.000), cancer duration (p=0.022) and energy intake (p=0.000) were significantly related to nutritional status. These four variables were able to explain 63.8% of the total variation in nutritional status.
In terms of quality of life, the total HQLI mean score for all subjects was 189.9 ± 51.7. Functional well-being subscale scores were the lowest among the three subscales, followed by psychophysiological and social/spiritual well-being subscale scores. GLM showed that PG-SGA score (p=0.000) and ECOG (p=0.016) were found to be significant predictors of total quality of life score. These two variables explained 43.9% of the total variation in total quality of life score. PG-SGA score showed a larger effect size (>0.15) on quality of life indicating a stronger effect than functional ability as determined by ECOG. In addition, PG-SGA score and ECOG were the significant predictors for psychophysiological and functional domains of quality of life. No significant predictors were found for social/spiritual domain.

In conclusion, these findings showed a high prevalence of malnutrition among advanced cancer patients in hospice care. The results also revealed that patients with poorer nutritional status had lower quality of life. The negative correlation between PG-SGA score and objective indicators of nutritional status showed that PG-SGA score can be applied instead of several objective measurements for assessing nutritional status. Therefore, this study has contributed to the new knowledge base on the relationship between nutritional status and quality of life of cancer patients in hospice care that has not been previously reported in Malaysia.
Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Sarjana Sains Pemakanan

PERKAITAN ANTARA STATUS PEMAKANAN DENGAN KUALITI KEHIDUPAN PESAKIT KANSER LANJUTAN DI PENJAGAAN RUMAH HOSPIS TERPILIH DI SEMENANJUNG MALAYSIA

Oleh

NEGAR SHAHMORADI

Februari 2010

Pengerusi: Profesor Madya Mirnalini Kandiah, PhD

Fakulti: Perubatan dan Sains Kesihatan


Pesakit berumur antara 18 hingga 74 tahun dan purata umur adalah 59.2 ± 12.5 tahun. Lelaki merangkumi 45.9% daripada sampel manakala 54.1% daripada mereka adalah wanita. Tahap kanser bagi kebanyakan pesakit (72.1%) adalah tahap ke-empat. Kanser paling kerap berlaku adalah kanser payudara (18%), dubur (13.1%) dan usus (13.1%). PG-SGA mendapati 14.7% (9) daripada 61 pesakit diberikan pemakanan seimbang, 52.5% (32) mendapat sederhana atau dijangka tidak mendapat pemakanan seimbang dan 32.8% (20) daripadanya mendapat pemakanan tidak seimbang yang teruk. Purata jumlah skor PG-SGA adalah 13.6±7.0, melambangkan kepentingan campurtangan dalam gizi pemakanan. Selain itu, hubungkait negatif ditemui antara skor PG-SGA dan penunjuk objektif dalam status pemakanan. Analisa Model Linear Umum univariat (General Linear Model - GLM) menunjukkan bahawa hanya ethik (p=0.016), status ECOG
(p=0.000), tempoh kanser (p=0.022) dan pengambilan tenaga (p=0.000) mempunyai hubungkait bermakna dengan status pemakanan. Empat pembolehubah ini mampu menjelaskan 63.8% daripada keseluruhan pembolehubah dalam status gizi. Dalam erti kualiti kehidupan, jumlah purata skor HQLI untuk kesemua peserta adalah 189.9 ± 51.7. Skor subskala fungsi kesejahteraan adalah yang terendah antara ketiga-tiga subskala, diikuti dengan skor psikofisiologi dan subskala kesejahteraan sosial/rohani. GLM menunjukkan bahawa skor PG-SGA (p=0.000) dan ECOG (p=0.016) adalah penunjuk yang bermakna bagi jumlah skor kualiti kehidupan. Kedua-dua pembolehubah ini menjelaskan 43.9% daripada keseluruhan jumlah skor kualiti kehidupan. Skor PG-SGA yang menunjukkan kesan saiz yang lebih besar (>0.15) ke atas kualiti kehidupan menyarankan terdapatnya kesan lebih kuat daripada kemampuan berfungsi sebagaimana yang ditentukan oleh ECOG. Selain itu, skor PG-SGA dan ECOG adalah penunjuk yang bermakna untuk psikofisiologi dan bahagian fungsi dalam kualiti kehidupan. Tiada penunjuk yang bermakna ditemui untuk bahagian sosial/rohani.

Kesimpulannya, hasil kajian ini menunjukkan terdapatnya prevalens yang tinggi dalam pemakanan tidak seimbang dikalangan pesakit kanser tahap lanjut di pusat rawatan akhir. Kajian ini turut menunjukkan bahawa pesakit dengan status pemakanan seimbang yang rendah mempunyai kualiti kehidupan yang rendah. Hubung-kait negatif antara skor PG-SGA dan penunjuk objektif dalam status pemakanan menunjukkan bahawa skor PG-SGA boleh digunakan dan bukannya beberapa ukuran objektif untuk penilaian status gizi pemakanan. Oleh itu, penyelidikan ini bertujuan untuk memberikan asas pengetahuan baru tentang status gizi dan kualiti kehidupan bagi pesakit kanser di pusat rawatan akhir yang sebelum ini belum pernah dilaporkan di Malaysia.
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Last but not least, I would like to thank my loving parents, my sister and her family, as well as friends for their moral support and guidance throughout the period of this study.
I certify that an Examination Committee has met on date on viva voce to conduct the final examination of Negar Shahmoradi on her Master thesis entitled “Impact of Nutritional Status on the Quality of Life of Advanced Cancer Patients in Hospice Home Care” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The committee recommends that the students be awarded the Master Science (Nutritional Sciences).

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This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Master of Science. The members of the Supervisory Committee were as follows:

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Date: 13 May 2010
DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

NEGAR SHAHMORADI

Date: 24 February 2010
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEDICATION</td>
<td>ii</td>
</tr>
<tr>
<td>ABSTRACT</td>
<td>iii</td>
</tr>
<tr>
<td>ABSTRAK</td>
<td>vi</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>ix</td>
</tr>
<tr>
<td>APPROVAL</td>
<td>x</td>
</tr>
<tr>
<td>DECLARATION</td>
<td>xii</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>xvi</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>xix</td>
</tr>
<tr>
<td>LIST OF ABBREVIATIONS</td>
<td>xx</td>
</tr>
</tbody>
</table>

## CHAPTER

### 1 INTRODUCTION

1.1 Background  
1.2 The Problem Statement  
1.3 Significance of the Study  
1.4 Conceptual Framework  
1.5 Research Questions  
1.6 Objectives of the Study  
  1.6.1 General Objective  
  1.6.2 Specific Objectives  
1.7 Null Hypothesis  
1.8 Glossary of Terms

### 2 LITERATURE REVIEW

2.1 Overview of Cancer  
2.2 Cancer in Malaysia  
2.3 Hospice and Palliative Care  
2.4 Nutritional Status of Cancer Patients  
2.5 Methods for Evaluating the Nutritional Status of Cancer Patients  
  2.5.1 Subjective Measurement of Nutritional Status  
  2.5.2 Objective Measurements of Nutritional Status  
2.6 Factors Influencing Nutritional Status among Cancer Patients  
  2.6.1 Socio-demographic and Disease Characteristics  
  2.6.2 Nutritional Support  
  2.6.3 Dietary Intake  
  2.6.4 Complementary and Alternative Medicine (CAM)
2.6.5 Food Restriction and Beneficial Foods
2.7 Quality of Life among Cancer Patients
   2.7.1 Quality of life and Nutritional Status

3 METHODOLOGY
   3.1 Study design
   3.2 Study location
   3.3 Sample size
   3.4 Study subjects
      3.4.1 Inclusion criteria
      3.4.2 Exclusion criteria
   3.5 Pre-Test
   3.6 Data Collection
   3.7 Interviewer Administered Questionnaire
      3.7.1 Socio-demographic Information
      3.7.2 Disease Characteristics
      3.7.3 Measurement of Nutritional Status
      3.7.4 Quality of Life Assessment
      3.7.5 Assessment of Nutritional Support
      3.7.6 Use of Complementary and Alternative Medicine
      3.7.7 Foods Restriction and Beneficial Foods
   3.8 Data Analysis

4 RESULTS
   4.1 Characteristics of Subjects
      4.1.1 Socio-demographic Characteristics
      4.1.2 Disease Characteristics
   4.2 Nutritional Status of Subjects
      4.2.1 Objective Measurements
      4.2.2 Patient-Generated Subjective Global Assessment
      4.2.3 Prevalence of Malnutrition Based on Objective and Subjective Nutritional Indicators
   4.3 Hospice Quality of Life Index (HQLI)
      4.3.1 Relationship between HQLI Items and PG-SGA Score
   4.4 Nutritional Support
      4.4.1 Oral and Nutritional Support
      4.4.2 Dietary Intake of subjects
   4.5 Complementary and Alternative Medicine
      4.5.1 Type of CAM
      4.5.2 Foods Restriction and Beneficial Foods
   4.6 Factor Related to Nutritional Status using General Linear Model
      4.6.1 Socio-demographic Characteristics
      4.6.2 Disease Characteristics
      4.6.3 Nutritional support
      4.6.4 Complementary and Alternative Medicine
      4.6.5 Main Factors related to Nutritional Status
4.7 Factors Related to Quality of Life using General Linear Model

5 DISCUSSION

5.1 Prevalence of Malnutrition in Advanced Cancer Patients
   5.1.1 Prevalence of Malnutrition Based on Patient-Generated Subjective Global Assessment
   5.1.2 Prevalence of Malnutrition Based on Objective Nutritional Indicators
   5.1.3 Correlation between Subjective and Objective Measurements of Nutritional Status
   5.1.4 Dietary intake

5.2 Predictors of Nutritional Status

5.3 Quality of Life among Cancer Patients

5.4 Impact of Nutritional Status on Quality of life among Cancer Patients

6 CONCLUSION AND RECOMMENDATION

6.1 Conclusion

6.2 Recommendations

6.3 Strengths and Limitations of the Study

REFERENCES

APPENDICES

BIODATA OF STUDENT

LIST OF PUBLICATIONS