Walking Exercise Programme (WEP) Menurunkan Cancer Related Fatigue (CRF) Pada Pasien Kanker Payudara Di RSUD. Ibnu Sina Gresik

Abstrak :

Introduction: Development of cancer and the side effect of chemotherapy could lead to Cancer Related Fatigue (CRF) in breast cancer patient that getting worse due to inactivation. Hence, exercise was needed. This aimed of this was to analyze the effect of Walking Exercise Program (WEP) to Cancer Related Fatigue. Methode: This study was used quasy experimental design and the population was breast cancer patient undergoing chemotherapy in RSUD Ibnu Sina Gresik in June 2012. The 10 respondents who met inclusion criteria were taken with matching allocation technique and divided into control and case group. CRF were collected by a subjective instrument called Brief Fatigue Inventory (BFI), then analyzed using Wilcoxon signed rank test and Mann Whitney test with signification value was $\alpha \leq 0.05$. Result: Result of Wilcoxon signed rank test showed that CRF scale in pre-test was different compared to CRF in post-test of case group ($p=0.043$). Mann Whitney test showed the comparison of post-test scores in both of groups was different ($p=0.009$). It can be concluded that WEP has effect to CRF. Discussion: The result showed that WEP could decrease CRF in breast cancer patient undergoing chemotheraphy in RSUD. It is recommended to apply WEP as one of fatigue management in breast cancer patient undergoing chemotherapy. Further study should use WEP and psychosocial therapy to manage CRF in each fatigue dimension to reduce more scale of fatigue in patient.

Keyword :

Walking Exercise Programme, Cancer Related Fatigue, Breast Cancer, Chemotherapy

Daftar Pustaka :

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Darusman â€™Faktor-Faktor yang Mempengaruhi Strategi Koping Keluarga dengan Anggota Keluarga Menderita Stroke di RSUD Panembahan Senopati di Bantul Yogyakarta Jurnal Universitas Muhammadiyah Yogyakarta 2010 Yogyakarta