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INDIKATORI ORALNOG ZDRAVLJA KAO PROGNOŠTIČKI FAKTOR ZA KVALITET ŽIVOTA PACIJENATA SA KARCINOMOM GLAVE I VRATA U GUDŽARATU U INDIJI

ORAL HEALTH INDICATORS AS A PREDICTIVE FACTOR FOR THE QUALITY OF LIFE AMONG HEAD AND NECK CANCER PATIENTS IN GUJARAT IN INDIA

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Sažetak

Ciljevi ove studije bili su procena veličine različitih indikatora oralnog zdravlja i određivanje indikatora oralnog zdravlja, kao prognostičkog faktora za kvalitet života pacijenata sa karcinomom glave i vrata.

Metode. Studija preseka sprovedena je među 400 pacijenata sa karcinomom glave i vrata, koji su zbrinuti u zdravstvenom centru na onkološkom odeljenju. Model specifičan za glavu i vrat (EORTC KLK H&N35), Evropske organizacije za istraživanje i lečenje raka, korišćen je za procenu kvaliteta života pacijenata. Indikatori oralnog zdravlja (praktikovanje oralne higijene, oralne komplikacije, posete stomatologu, oralna rehabilitacija) evidentirani su pomoću pregleda usne duplje i upitnika, odnosno razgovorom sa pacijentom. Spearmanov koeficijent korelacije korišćen je za procenu odnosa između indikatora oralnog zdravlja i različitih skala kvaliteta života. Za procenu uticaja indikatora oralnog zdravlja, kao prognostičkog faktora za kvalitet života, primenjena je multivarijantna linearna regresija.

Rezultati. Od 400 pacijenata, 54,25% pacijenata prijavilo je jedan ili drugi oblik oralnih komplikacija. Parodontalni problemi bili su česta oralna komplikacija među pacijentima. Postojala je slaba korelacija između indikatora oralnog zdravlja i većine skala EORTC KLK-H&N35. Utvrđeno je da su teoretski povezani indikatori oralnog zdravlja značajni prognostički faktori.

Zaključak. Rezultati pokazuju prisustvo visokog stepena indikatora lošeg oralnog zdravlja. Indikatori oralnog zdravlja takođe su delovali kao značajan prediktor kvaliteta života. U cilju poboljšanja oralnog zdravlja poželjan je multidisciplinarni pristup, čime bi bio poboljšan i kvalitet života pacijenata sa karcinomom glave i vrata.

Cljučne reči: karcinom glave i vrata, oralne komplikacije, oralno zdravlje, kvalitet života

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Abstract

Aim: The aim of this study was to assess the magnitude of various oral health indicators. Further, to identify the oral health indicators as a predictive factor for the quality of life among head and neck cancer patients.

Methods: A cross-sectional study was conducted among 400 head and neck cancer patients attending tertiary cancer center. The European Organization for Research and Treatment of Cancer and Head and Neck specific (EORTC QLQ-H&N35) module was used to assess the patient's quality of life. Oral health indicators (oral hygiene practices, oral complication, dental visits, oral rehabilitation) were recorded through oral examination and personal interviews. Spearman's correlation coefficient was used to assess the correlation between oral health indicators and different scales of QoL. Multivariate linear regression by a backward stepwise method was applied to assess the influence of oral health indicators as a predictive factor for QoL.

Results: Out of 400 patients, 54.25% of patients reported having one or another form of oral complication. Periodontal problems were the common oral complication among the patients. There was a weak correlation between oral health indicators and most of the scales of EORTC QLQ-H&N35. Theoretically, linked oral health indicators were found to be significant predictive factors.

Conclusion: The results show that there was a high magnitude of poor oral health indicators. Oral health indicators also acted as a significant predictor of quality of life. A multi-disciplinary approach is desirable for the improvement in oral health thus improving the overall quality of life among head and neck cancer patients.

Key words: head and neck cancer, oral complications, oral health, quality of life

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