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Effectiveness of exercise on anxiety, fatigue and quality of life in women with pancreatic cancer: A narrative review

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Abstract

Statement of the Problem: Pancreatic tumor is a common and highly aggressive condition. This condition has bad prognosis with a high fatality rate. The condition is less common in women as compared to men but have similar impact on their quality of life. Cancer sarcopenia and cachexia are common conditions that impairs quality of life (QoL), make it difficult for them to carry out everyday tasks. This narrative review helps us to explore the treatment approaches of disabilities related with women suffering from pancreatic cancer. **Purpose of the study:** This study aims to provide an overview of the evidence-based practice physiotherapy approaches available to improve fatigue, anxiety and quality of life in females with pancreatic cancer.

Methodology: PubMed, MEDLINE and other websites are used to search randomized clinical and controlled trials of last five years to find out the techniques of physical therapy used to treat fatigue and anxiety in women with pancreatic cancer and improve their quality of life. Inclusion criteria of this research were experimental, observational and review studies. Women with pancreatic cancer taking chemotherapy or not are included in these studies. Recent studies have used different physiotherapy techniques which are considered effective methods to improve patient's lifestyle and reduce anxiety and fatigue. Aerobic training like stationary cycling and elliptical training shows effective relief. Also, progressive resisted exercises, strengthening training, home based resistance training and physical activity counselling are important interventions used to improve patient's condition.

Findings: The results of these studies show effective improvement in patient condition but there are insufficient studies specially for women population. **Conclusion:** Physiotherapy approach used in these studies improve fatigue, anxiety and improve quality of life of women with pancreatic cancer.

Biography

Isha Upadhyay is a post graduate student who is keen to participate in conferences to enhance and share her knowledge. She welcomes all the opportunities to learn and apply her learning's in clinical practice. She has built this model to help her peers and clients suffering from pancreatic cancer. This model will create a new pathway to improve the literature related to the topic

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