MULTIDISCIPLINARY REHABILITATION OF PATIENTS WITH BREAST CANCER IN SANATORIAL CONDITIONS

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Introduction: Breast cancer is the most common type of women's tumor and is the leading cause of death worldwide. Due to the progress in the treatment of women's breast cancer (combined use of surgery, radiotherapy and chemotherapy), the survival rate for breast cancer is now above 50%. There is a tendency to increase radically treated women about breast cancer, hence the number of patients able to return to the interrupted disease of socially useful activity is growing. Return to normal activities without the help of medical measures, perhaps, for no more than 53.2% of patients, therefore, the rehabilitation of such patients increases the economic effect.

Rehabilitation of patients with oncological pathology is very actual problem of a modern medicine. Here is described an integrated program of rehabilitation of patients with breast cancer.

Purpose: Evaluation of the effectiveness of complex programs for sanatorium rehabilitation of patients with breast cancer.

Method: There were 32 patients under observation (with the age spread between 53+ 2.2 years) with a diagnosis of breast cancer. When prescribing physical therapeutic methods, an in-depth history of the disease, its duration, methods and volume of treatment received, its effectiveness have been collected preliminary.

In the rehabilitation of the patients of the main group (17 patients), a basic complex was used, which included: general diet, motility activity (sparing-training), thalassotherapy (in the summer medical season swimming in the sea), heliotherapy (sparing-training regime), swimming in the pool, sparing-training regime of the physical aerobic exercise. In addition, the patients of the main group were assigned the methods aimed at reducing symptoms of lymphedema, muscle weakness of the upper limb and increasing the nonspecific resistance of the organism to environmental factors. In the sanatorium rehabilitation of the patients of the main group, a team of specialists, consisting of oncologists, psychologists, art and dance therapists, took part.

In the treatment of the control group (15 patients) the basic complex was used. Evaluation of the results of the rehabilitation was carried out according to the criteria for the effectiveness of the sanatorium treatment, taking into account the objective and subjective indicators of the patients' health status.

Results: The effectiveness of treatment of patients who received physical methods and consultations of doctors of oncologists, psychologists, art and dance therapists in addition to the basic complex, was significantly higher in comparison to the control group.

Overall, significant improvement and improvement in well-being was achieved in 84% of cases, a slight improvement, or remained unchanged in 16% of patients.

the picture shows a group picture of patients after the completion of the rehabilitation course

Discussion and Conclusions: This treatment complex can be included into the programs of rehabilitation treatment and rehabilitation of patients diagnosed with breast cancer in sanatorium-resort conditions. These findings will help others to understand the experience and perspective of patients with oncological pathology who engage in multimodal rehabilitation.

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