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BACKGROUND

The breast cancer is the most frequent type of neoplasm among women. The local treatment for breast cancer is surgery and radiotherapy. Radiation therapy may evolve important physical and psychological adverse effects that may affect the quality of life and functionality of these women requiring the attention of the multidisciplinary team. Therefore, it is necessary to describe the functional profile and quality of life of these patients before radiotherapy, so that preventive behaviors can be incorporated into health care.

METHODS

This is a cross-sectional study with women diagnosed with breast cancer, aged 18 years or over, with indication of adjuvant radiotherapy treatment to be performed exclusively at Cancer Hospital III/ National Cancer Institute. Were excluded from the study: women with a previous diagnosis of cancer, who were not able to respond to the questionnaires, immediate breast reconstruction, acute infections and orthopedic, neurological, decompensated cardiorespiratory, and severe renal dysfunction. The sociodemographic, clinical and treatment data were collected based on the electronic and physical records of the institution. Quality of life was assessed by the questionnaires EORTC QLQ - C30 and EORTC QLQ - BR23, Functionality and fatigue were evaluated, respectively, by the DASH and FACIT-F questionnaires. Muscle strength was measured through palmar grip strength using the dynamometer and flexibility, measured by sit and reach test box. The arm volume was measured with bilateral circumference. Depression was assessed by Geriatric Depression Scale - GDS15. It will be necessary 96 patients according to the account of the sample size.

Table 1. Prevalence of patient characteristics.

Variables	N	%
Skin color		
White	7	33,3
Others	14	66,7
Marital Status		
Married	16	76,2
Not Married	5	23,8
Education		
≥ 8 years	15	71,4
< 8 years	6	28,6
Clinical Staging		
0 / I / IIA	8	38,1
IIB / IIIA	6	28,6
IIIB / IIIC	7	33,3
Chemotherapy		
No	3	14,3
Neoadjuvant	13	61,9
Adjuvant	5	23,8
Target Therapy		
Não	21	100
Hormone Therapy		
No	4	19,0
Neoadjuvant	7	33,3
Adjuvant	10	47,6
Type of Surgery		
Segmentectomy	6	28,6
Simple Mastectomy	7	33,3
Radical Mastectomy	8	38,1
Axillary Intervention		
Sentinel Lymph Node Biopsy	9	42,9
Axillary Dissection	12	57,1
Histologic Type		
DCIS / LCIS	1	4,8
ILC	1	4,8
IDC	18	85,7
Radiotherapy		
Breast / Chest wall	3	14,3
Breast / Chest wall and Supraclavicular	16	76,2
Breast / Chest wall and Supraclavicular and axilla	1	4,8

OBJECTIVES

To analyze the functionality and quality of life of women with breast cancer before adjuvant radiotherapy treatment.

CURRENT SITUATION OF THE PROJECT

To date, 21 women have been included according the eligibility criteria. Sociodemographic and treatment data are shown in table 1 and the symptoms, in table 2. Table 3 shows the mean of the questionnaires results.

Table 2. Prevalence of symptoms.

Variables	N	%
Pain		
No	11	52,4
Yes	10	47,6
Paresthesia		
No	4	19,0
Yes	17	81,0
Winged Scapula		
No	12	57,1
Yes	9	42,9
Range of Movement		
Complete/ Functional	19	90,5
Incomplete	2	9,5
Lymphedema		
No	21	100
Geriatric Depression Scale – GDS 15		
No depression	16	76,2
Mild depression	5	23,8

Table 3. Mean and standard deviation of continuous variables.

Variables	Mean	St.Deviation
Age	52,90	9,50
Flexibility	20,52	9,53
Dynamometry	23,90	5,41
FACIT-F	44,48	3,64
DASH	17,38	13,03
EORTC QLQ-C30		
Global Health Status	80,16	15,70
Functional Scales		
Physical Functioning	84,44	14,03
Role Functioning	71,43	31,24
Emotional Functioning	65,48	27,80
Cognitive Functioning	75,39	26,67
Social Functioning	75,40	26,15
Symptom Scales		
Fatigue	22,75	20,63
Nausea and vomiting	3,17	11,33
Pain	23,81	27,17
Dyspnoea	7,94	14,54
Insomnia	38,09	39,84
Appetite Loss	7,94	23,34
Constipation	33,33	45,95
Diarrhoea	3,17	14,55
Financial Difficulties	47,62	42,91
EORTC QLQ-BR23		
Functional Scales		
Body Image	76,98	28,25
Sexual Functioning	25,39	25,06
Sexual Enjoyment	58,33	35,17
Future Perspective	47,62	35,85
Symptom Scales		
Systemic therapy side effects	85,91	12,91
Breast symptoms	18,95	11,76
Arm symptoms	18,52	24,17
Upset by hair loss	8,33	16,55