

## Education on The Chemotherapy Side Effects Management and The Use of PPE in Chemotherapy Patients Families

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### Abstract

Cancer is a non-communicable disease that causes the highest death after stroke and hypertension. One of the medical interventions for cancer is chemotherapy. Chemotherapy has certain side effects. However, the level of knowledge of families as patient companions about chemotherapy side effects, infection management, and use of PPE is still lacking. While in fact, a good level of knowledge can reduce anxiety in cancer patients undergoing chemotherapy. Health education and this study aim to strengthen family knowledge of chemotherapy and the use of PPE. The activity was carried out by involving 28 family members of chemotherapy patients. The results show that the majority of participants (56%) can answer the questions correctly. However, it needs to be maintained and enhanced by carrying out similar educational activities in a structured and sustainable way to increase patient and family knowledge and carry out health improvement programs, health education, for example. In addition, institutions also play a significant role in increasing the provision of health education, not only in general terms related to health but also in overcoming problems or side effects of implementing actions to become a source of information for health service facilities.

**Keywords:** Chemotherapy, Education, Side effects of chemotherapy

### INTRODUCTION

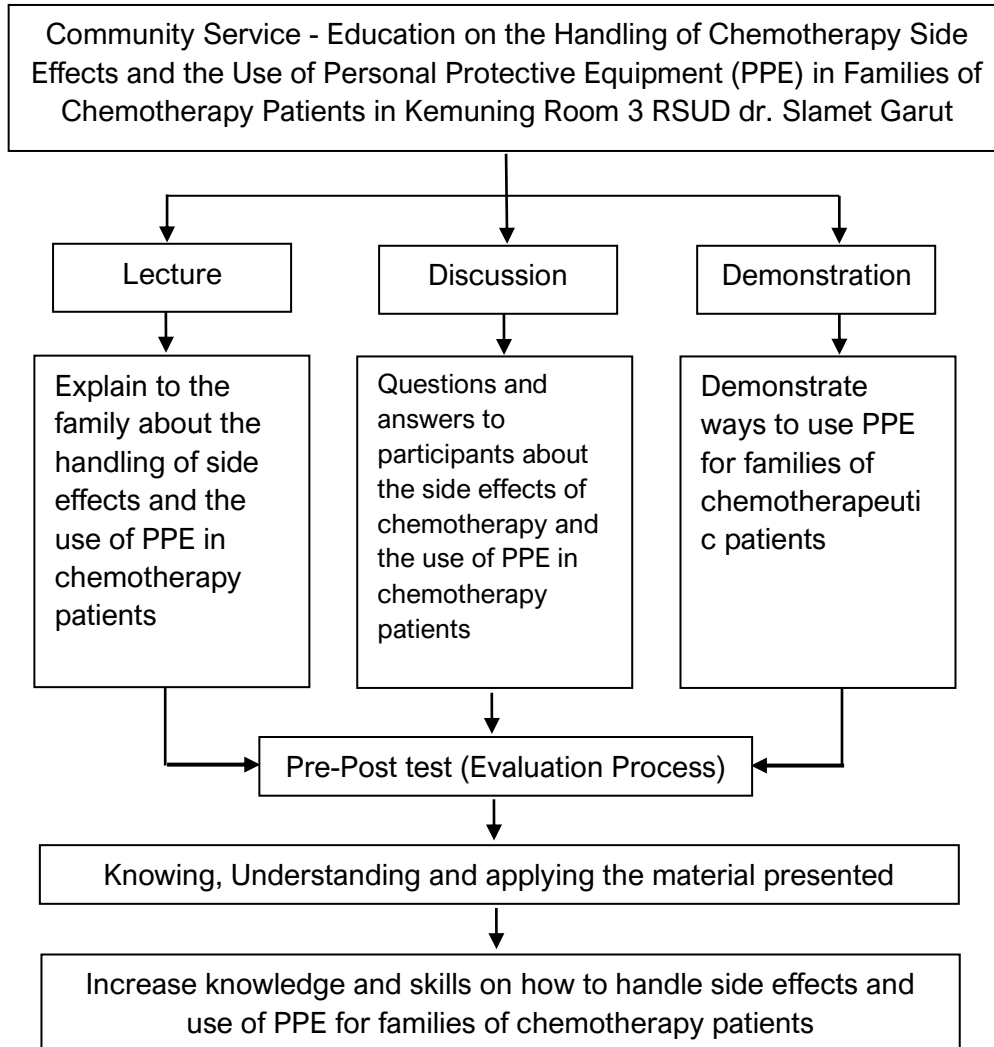
Kemuning Room 3B is dedicated to administering chemotherapy for oncology clients from various treatment rooms. There is no SOP regarding the specific criteria for clients treated in this room. Clients will be transferred to the internal medicine ward if they have not experienced an improvement in their general condition. Chemotherapy is usually given during the morning and afternoon rotation; for the night service, it only continues the previous rotation.

The interviews conducted shows that the level of knowledge of the client's family about the side effects of chemotherapy, infection management, and the use of personal protective equipment is poor. Education can improve the lack of knowledge. It is evidenced by the results of research which explain that there is a significant influence on the knowledge and attitudes of cancer survivors after being given the proper education and support (Waluya et al., 2019).

The results of Rakmi's research (2015) show a significant relationship between the level of knowledge of cancer patients about chemotherapy with anxiety. The better the level of knowledge of cancer patients about chemotherapy, the lower the anxiety level of cancer patients undergoing chemotherapy actions. Research by Anita and Sukamti (2016) shows a significant influence on the self-care behavior of breast cancer patients after chemotherapy before and after giving chemotherapy booklets.

The educational intervention in this study aims to: 1) Make health something of value in society; 2) Help individuals to be able to carry out activities to achieve healthy living independently or in groups; and 3) Encourage the development and use of existing health care facilities appropriately.

## METHODS



## RESULTS

The health education participants consisted of 28 people. As for the results of the extension activities, the participants were quite enthusiastic about participating in the health education activities; this could be seen from the ability of the participants to answer the questions given and be able to practice the use of PPE.

**Table 1.** Level of Knowledge of Participant After Education

Category	Percentage (%)
Correct Answer	56%
Incorrect Answer	44%

Table 1 shows that 56% of participants undergoing chemotherapy can answer the questions correctly.

**Table 2.** Level of Knowledge of Participant After Education Based on Each Question

Statements	Correct Answer (%)	Incorrect Answer (%)
Fluids containing residual chemotherapy drugs in post-chemotherapeutic patients	20%	80%
The period time of chemotherapy drugs is wasted through the faeces	40%	60%

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in post-chemotherapeutic patients		
How to use the toilet in post-chemotherapy patients	70%	30%
How to wash a patient's clothes after chemotherapy	70%	20%
What to do when a patient's sweat is splashed after chemotherapy	80%	20%

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Based on table 2, it can be inferred that most participants could answer the questions about what to do when the sweat splashed by post-chemotherapy patients correctly (80%). Besides, the minority of participants responded to fluids containing residual chemotherapy drugs in post-chemotherapeutic patients incorrectly (20%).

### DISCUSSIONS

The results showed that most participants could answer the questions correctly (56%) after being given education about chemotherapy side effects. It is in line with research conducted by Waluya et al. (2019), which explains that there is a significant effect on the knowledge and attitudes of cancer survivors after being given the proper education and support. According to the theory, education is all planned efforts to influence other people, whether individuals, groups, or communities, to do what education actors expect (Notoadmojo, 2003). Therefore, this study proves that providing education to participants can increase knowledge in most participants. The results of this study are also in line with the study of Simanjuntak & Tupen's (2019), which showed a significant difference in the knowledge and attitudes of gymnastics participants before and after participating in the GEMA CERMAT education program with a significant value of  $p < 0.05$  (Simanjuntak & Tupen, 2019).

In this study, 20% of participants correctly answered the question "Liquid containing residual chemotherapy drugs in post-chemotherapeutic patients". In the question item "The period time of chemotherapy drugs wasted through faeces in post-chemotherapy patients", as many as 40% of the participants could answer the question correctly. In the item "How to use the toilet in post-chemotherapy patients", 70% of the participants could answer the question correctly. As many as 70% of the participants can correctly answer the question "How to wash a patient's clothes after chemotherapy". Then, on the question item "What to do when a patient's sweat is splashed after chemotherapy", as many as 80% of the participants can answer the question correctly.

This study showed that most participants could answer questions about the treatment of chemotherapy side effects correctly (56%). However, it needs to be maintained and improved by conducting continuous education. Simanjuntak & Tupen (2020) explain that public health services through health promotion can help improve understanding and attitudes.

### CONCLUSION AND RECOMMENDATIONS

Knowledge needs to be maintained and improved. The hospital institution can do this by carrying out similar health education activities in a structured and continuous manner to increase the knowledge of patients and families. In addition, educational institutions also need to improve the provision of health education not only of a general nature related to health but other aspects regarding how to overcome problems or side effects of implementing actions so that they become a source of information and health service facilities.

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## ATTACHMENT



**Figure 1.** Documentation Of Health Education Activities 1



**Figure 2.** Documentation Of Health Education Activities 2





**Figure 3.** Documentation Of Health Education Activities 3