



**A Phenomenology of the
Lived Experiences of
Bahraini Women Undergoing
Breast Cancer-Related
Chemotherapy**

**Shahzalan Ibrahim Fadhul
Head Nurse,
Oncology Hematology Centre
Kingdom of Bahrain**



Author Name: Shahzalan Ibrahim Fad Hul

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The Author Certify That She Has NO Affiliations With Or Involvement In Any Organization Or Entity With Any Financial, Or Non-financial Interest In The Subject Matter Or Materials Discussed In This Manuscript.

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Introduction

- ❖ **Breast cancer affects women worldwide. (Hill and White, 2008).**
- ❖ **Most common type of cancer in the Arab World (Alawadi and Ohaeri, 2009).**
- ❖ **Approximately 207,090 in 2010 in the U.S. (American Cancer Society, 2010)**

Cont. Introduction

- ❖ **In Europe 7, 059 in 2006 (Browall et al, 2008; Hagedoorn et al, 2008).**
- ❖ **Bahrain has highest rate in Middle East- 49% (Al Hajeri, 2011).**
- ❖ **In Bahrain chemotherapy unit 115 new cases in 2010 (Al Zaman, 2010).**

Cont. Introduction

❖ **Chemotherapy is a central treatment.**

- ❖ **Stress,**
- ❖ **Anxiety,**
- ❖ **Alopecia**
- ❖ **Loss of appetites**

(Jemal et al, 2009).

❖ **Side effects affect patients' quality of life (Bryar et al, 2006).**

Aim Of Study

To explore the lived experiences of Bahraini women on breast cancer-related chemotherapy focusing on their psychosocial needs which affect their quality of life



Research Question

- ❖ **What are the lived experiences of Bahraini women who undergo chemotherapy treatment for breast cancer?**

Significance of the Study

- ❖ **Gather rich information for the first time in Bahrain.**
- ❖ **Discover women's experiences from their own perspectives.**
- ❖ **Find new knowledge to enhance nursing care in order to improve patients quality of life.**
- ❖ **Develop an educational program for patients and their families.**

Methodology

- ❖ **Qualitative Phenomenology**
- ❖ **Naturalistic paradigm**
- ❖ **Sample of 10 Bahraini women on 6 cycles of chemotherapy**

Methodology

❖ **Four steps of phenomenological interpretive data analysis: (Van Manen, 1990).**

- 1. Thematic analysis**
- 2. Theme identification**
- 3. Reflection and imaginative variation (transformation, coding, categorization)**
- 4. Synthesis**

Data Collection

- ❖ **Face-to-face in-depth interviews.**
- ❖ **Open-ended questions to explore lived experiences.**
- ❖ **Ensure that participant had opportunity to tell the reality of their experiences.**
- ❖ **Depth encouragement.**

Findings

- ❖ **Life became dark**
- ❖ **Always ready to help**
- ❖ **Closed Doors**
- ❖ **Cancer sticking in my family**
- ❖ **God helping me**
- ❖ **Concerns important to me**

A background image showing a group of people, likely a community or support group, holding hands in a circle. The image is faded and has a warm, golden-yellow tint. The title 'Life Became Dark' is centered at the top, enclosed in a red oval with a black outline.

Life Became Dark

- ❖ **Shock and denial**
- ❖ **Helplessness and uncontrollability**
- ❖ **Feeling of loss and fear**
- ❖ **Negative thoughts and feelings**

Life Became Dark

Participant 5:

“... when the doctor announced that I had cancer, I felt all my life became dark at this moment. I cannot express my feeling. It was very difficult to accept the fact and I felt depressed. I didn't bother to take care of myself and neglected food, good dress and my body... I really believe that I would die soon and couldn't stop it.”



Cancer sticking in my family

- ❖ **Family members died of cancer**
- ❖ **Fear of breast cancer for daughters**
- ❖ **Worry for other female family members**

Cancer Sticking In My Family

Participant 5:

“ I have a strong risk factor of cancer. My mother, grandmother, and two aunts had passed away due to breast cancer. My oldest sister has breast cancer. I was very scared of getting the disease.”

Closed Doors

- ❖ **Avoidance of social contacts**
- ❖ **Confinement at home**
- ❖ **Not sleeping with husbands**
- ❖ **Not attending outside activities**

Closed Doors

Participant 4:

“ I totally avoid any close contacts with my friends. I feel and have stopped joining my friends in their gatherings. I prefer to stay at home with my children and avoid any outdoor activities.”

Conclusions

- ❖ **Breast cancer patients suffer from physical and social stresses.**
- ❖ **Proper support are essential to cope with the stress effectively.**
- ❖ **Breast cancer patients have important concerns that need to be addressed.**

Recommendations

- ❖ **Evaluating care and services provided to patients to identify areas of improvement.**
- ❖ **Improving oncology nursing practice to help nurses care for patients more effectively.**
- ❖ **Applying relevant information to patients and their families.**
- ❖ **Forming support groups.**

Recommendation

- ❖ **Increase public awareness.**
- ❖ **Creating management team through Think Pink to conduct workshops on breast self-examination.**
- ❖ **Implementing strict rules and regulations on the use of cancer causing substances.**
- ❖ **Further research from different perspective, using a larger sample.**

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Questions



Thank You for Listening

