

# Adaptive Response of Colorectal Cancer Patients With Stomas on Quality of Life and Body Images: A Literature Review

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## ABSTRACT

Each year, approximately 1.8 million people develop colorectal cancer [CRC], the third most frequently diagnosed cancer [10.2% of total cases] among both sexes globally. Changes occur in food patterns, clothing, social life, body image and irritation in the stoma area. The condition of being a person with a stoma impacting the way individuals view their bodies requires lengthy adaptations. Objective This study was to determine how the adaptive response of stoma in colorectal cancer patients to body image and quality of life of patients. This study is a *literature review*. The research source was taken from several databases. The research in this review explores the experiences of colorectal cancer patients, where permanent stomas affect body image and impact quality of life: physical well-being and self-image, difficulties with self-care, sexual function and adaptation.

**Keywords:** *Colorectal Cancer, Quality of life, Qualitative*

## 1. INTRODUCTION

Each year, approximately 1.8 million people develop colorectal cancer [CRC], the third most frequently diagnosed cancer [10.2% of total cases] among the sexes globally [1]. As the number of patients affected by CRC increases, more people will need support to manage their lives with the disease. Colorectal cancer is 1 of the 3 leading causes of cancer-related death worldwide, with an estimated of 1,023 256 newly diagnosed cases of cancer and 529,020 deaths annually.

According to the Singapore Cancer Registry, colorectal cancer is the most common form of cancer in men and women. The second most common form of cancer in women in Singapore between 2008 and 2012. Stoma creation is a common outcome in the treatment process, which can be temporary or permanent [2]. In Singapore, 1 in 10 patients undergoing colorectal surgery have a stoma that is formed. According to statistics from the Singapore Cancer Registry, the survival rate for colorectal cancer is increasing, with more people living long term with a stoma. With the loss of important bodily functions and distortions in body image, a patient with stoma experiences physical, psychological, and social changes. Without fail, all stoma patients adapt to the postoperative physical and psychological changes that are currently having an impact on life.

## 2. REVIEW METHOD

### 2.1. Aims

This literature review aim to explore the adaptive response of colorectal cancer patients with stomas on their quality of life and body images.

### 2.2. Design

A literature review can broadly be explained as a more or less systematic process of gathering and synthesizing previous research.[3] An effective and well-implemented review as a research method proved a firm foundation for advancing knowledge and facilitating theory development. By integrating findings and perspectives from many research findings, a literature review can address research questions with a power that no single study has. It can also help to provide an overview of areas in which the research is disparate and interdisciplinary. In addition, a literature review is an excellent way of synthesizing research findings to show evidence on a meta-level and to uncover areas in which more research is needed, which is a critical component of creating theoretical frameworks and building conceptual models. However, traditional ways of describing and portraying the literature often lack thoroughness and are not undertaken systematically [4]

### 2.3. Literature Search

The first step of searching for literature was carried out in November 2019. Researchers searched for data sources using several databases such as Ebsco, ProQuest and Google Scholar. The keywords used were "Colorectal cancer AND Stoma AND Adaptation AND Quality life AND Body image". Researchers provide a year limit for finding sources of related journals, namely between 2015-2020, aiming to get valid sources that are in accordance with the times.

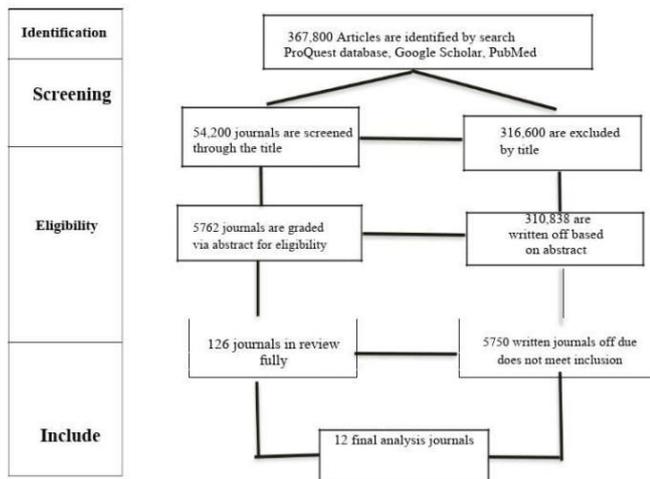
The search for journals was carried out through the NCBI, Ebsco, ProQuest and Google Scholar databases and the journals were extracted by independent researchers. Journal

titles and abstracts stored in international databases were searched using existing keywords. This journal was taken from the Google Scholar database and found 235,000 journals, 1460 for PubMed, and 367 for ProQuest. From the entire database, 12 were found that met the inclusion criteria.

**2.3.1. Inclusion criteria**

The following inclusion criteria are used for the selection of studies for this literature review

1. Research should be concerned with colorectal cancer for which a stoma is present and the extent to which this patient's experience affects quality of life and body image after the adaptation process.
2. This study should provide information on how the patient's adaptive response to permanent stoma affects both individual and community quality of life.
3. A full study journal must be available in English and Indonesian.
4. Journal searches are searched from 2015-2020



**Figure 1.** Article Search Process

**2.4. Data Analysis**

The search for journals was carried out through the NCBI, Ebsco, ProQuest and Google Scholar databases and the journals were extracted by independent researchers. Journal titles and abstracts stored in international databases were searched using existing keywords. This journal was taken from the Google Scholar database and found 235,000 journals, 1460 for PubMed, and 367 for ProQuest. From the entire database, 12 were found that met the inclusion criteria.

**3. RESULT**

The main focus of this literature review is on the quality of life of colorectal cancer patients with permanent stomas, seeing that the adaptation processes that have been carried out have an impact on individual and social life and

the acceptance of their body image after surgery. To optimize this interpretation, we will first clarify the research findings from a review of 11 articles. For adaptation Other patients can use their adaptation process to respond positively [5], an adaptation process that requires a long time [6], patients adapt positively to a stoma attached condition [5] There is an increase in stoma acceptance [7].

The results of interpreting body image from existing articles are as follows, there is a change in body image [8], the use of a stoma or ileostomy is difficult for some people [5], there is a decrease in physical and self-image , the stoma has a negative impact on the body image [7]. There is an increase in stoma acceptance [9].

For the analysis and interpretation of the impact on quality of life, the results of several journals were found which included physical and psychological limitations [9]. The most significant changes occurred in dietary patterns, clothing, social behaviour [10], The use of a stoma or ileostomy is difficult for some people. Intimate relationships and friends are often disrupted by the presence of a stoma [11], there are three categories that appear that are very dangerous or affect the quality of life [12] there are obstacles to weak physical decline against cancer as you get older [6], there is an impact of surgical morality on decreasing quality of life in patients [7].

**4. DISCUSSION**

**4.1. Adaptation CRC**

For adaptation Other patients can use their adaptation process to respond positively [5], an adaptation process that requires a long time [6], patients adapt positively to a stoma attached condition [12] There is an increase in stoma acceptance [9]. Making stoma in colorectal cancer patients twenty to seventy percent of complications of irritation in the stoma area, so that this causes the adaptation process to be disrupted [13] to overcome this problem ostomate must always pay attention to cleanliness and the type of suitable stoma bag. for himself, because the wrong selection of the bag will cause prolonged irritation. Another problem related to the difficulty of adaptation is the prolapse of the stoma which can cause bleeding [13].

**4.2. Body Image**

The results of interpreting body image from existing articles are as follows, there is a change in body image [10], the use of a stoma or ileostomy is difficult for some people [5], there is a decrease in physical and self-image [14], the stoma has a negative impact on the body image [7] this is because the stoma is considered very disgusting. There is a change in the place of defecation, which is usually in the anus, now moving in the stomach and having to always change the bag really makes a decrease in body image [7]

## 5. CONCLUSION

Reviews in the literature review this study get the results of in-depth individual experiences about how the adaptation of the ostomet to changes in the conditions it faces, to further the extent of this adaptation affects the patient's quality of life. The results of research do vary in the results obtained, but most require adaptation from moderate to time consuming. Then there are those who can accept the stoma of changes in body image, some are difficult to accept that there is a change in body image.

The big hope in the future is to find the right way and instrument in order to get as objective research results as possible so that the results are of higher quality. So that it can improve the quality of life of ostomate from all aspects of life.

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