Preliminary Study on the Melatonin Concentrations, Life Resilience, and Sleep Quality of Bladder Cancer Patients

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ABSTRACT

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Bladder cancer has a significant role in urinary cancers with an occurring frequency next to the prostate cancers. Promoting the melatonin adjustment and sleeping quality of patients has been thought to be an important indicator in preventing cancers and deterioration of cancers, and also an important result index of disease therapy and patient care. Confirming the status of post-diagnosis melatonin, recovery of routine chores in life, and sleeping quality are the focuses of this research.

The purpose of this study is to understand the important patient care indicators such as melatonin concentration in urine, life resilience, and sleeping quality before and after surgery and their interrelationship.

Thirteen confirmed bladder cancer patients who had undergone surgery and chemotherapy for data analysis. The average age of participants are 66 (from 39-83), sleeping duration pre- and post-surgery is averaged 7-8 hrs. Of those, 91% indicated the relatively good quality of sleeping in the past month.

Of those 13 patients who had the concentrations of melatonin checked, ten had higher, and 3 had lower melatonin concentrations about those of average people of comparable ages. The average life resilience score is 4.79 (SD =1.09), the highest factor of the life resilience based on “family resources” was 5.26 (SD =1.32). There was a good correlation between the concentration of melatonin and the level of life resilience (p< .05).

Our study collected interesting information on patient sleeping quality and life resilience, which could serve as valuable guidance for proper treatment and care of cancer patients.

Keywords: bladder cancer, melatonin, life resilience, sleep quality

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