# Estimating Out- of- Pocket Payments in Women with Breast Cancer

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## Abstract

**Background:** Breast cancer is the most common type of cancer among Iranian women with more than 10,000 cases per year. This study aimed to determine out-of-pocket (OOP) payments among the women with breast cancer at health care centers affiliated to Iran University of Medical Sciences.

**Methods:** This descriptive cross-sectional and applied study was done among 336 women with breast cancer referring hospitals affiliated to Iran University of Medical Sciences in 2018. The inpatient expenses data were obtained from the cost bill and of the outpatient were collected using a researcher-made questionnaire. Finally, the data were analyzed using SPSS V2 software.

**Results:** The average monthly OOP payment for Direct hospitalization costs in the inpatients breast cancer patients was estimated 146$ ± (47.98) dollars and average of OOP Payment for Direct costs of treatment in outpatients 69$±(102.99), and average of OOP Payment for medical non- direct expenses per month 34.88$ ± (31.12) dollars. Results of this study showed the average of OOP payment included drug costs with rate of 37.99$ ± (45.31) imposed the highest medical direct costs. Among the non-medical direct costs of OOP payment for transportation, the average of 30.65$ ± (103.23), imposed the highest OOP payment on breast cancer patients

**Conclusion:** The results of this study showed that by implementing health promotion plan, OPP payment in breast cancer patients declined. But with the advent of newer chemotherapy drugs and other more effective drugs, adopting new policies to cover the costs of breast cancer with emphasis on direct costs in addition to achieving equity indicators in health, it can reduce the financial barriers the cancer patients faces.

**Keywords:** Breast cancer, Out of pocket pay, Direct medical expenses, Non-medical direct expenses