Title

Coming back to Life with Oncological rehabilitation in patients of breast cancer.

Objectives: The main objective was to determine the outcome of Oncological rehabilitation exercises in patients of breast cancer in terms of improvement in Six minute walk test distance (6MWTD) and Quality of life (QOL).

Methods: An observational study was performed in patients of breast cancer who underwent Oncological rehabilitation exercises during their treatment of the disease. 6MWTD was documented before and after exercises, different parameters were statistically analysed and quality of life improvement was recorded with Functional assessment of chronic illness therapy (FACIT) questionnaire.

Results: Post-Oncological rehabilitation exercises all (N=46) patients had a statistically significant improvement in 6MWTD ($p=0.0001$). Patients not receiving chemotherapy did not show any improvement post rehabilitation ($p=0.103$). Patients of age < 55 years did better than ≥ 55 years in 6 MWTD ($p=0.003$). FACIT questionnaire showed a statistically significant improvement in physical, emotional and additional well being of the patients. No significant benefit was seen in social and functional well being. Total FACIT score showed a statistically significant improvement in quality of life of all patients ($p=0.01$).

Conclusion: Oncological rehabilitation is a must and an essential part of management of patients with breast cancer, that improves physical endurance as well as overall quality of life.

Key words: Breast cancer, Oncological rehabilitation exercises, 6MWTD, FACIT scores.