

**ABSTRACT**

**THE EFFECTIVENESS OF PAIN MANAGEMENT PROGRAM ON  
INTENSITY OF PAIN AND QUALITY OF LIFE AMONG CANCER  
PATIENTS IN MYANMAR**

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**Introduction:** Cancer is one of the leading causes of death worldwide and rapidly becoming a global pandemic. Cancer pain significantly affects the diagnosis, quality of life and survival of patients with cancer. The aim of this study was to analyze the effect of Pain Management Program (PMP) on pain and quality of life in patient with cancer. **Methods:** This study used quasy experimental design with randomize pre-post test design approach. Data were collected from cancer patients in No (2) Military Hospital (500-Bedded), Yangon, Myanmar. Patients were recruited by using consecutive sampling method, consisted of 30 respondents (experimental group) and 30 respondents (control group) taken according to the inclusion criteria. Short Form-McGill Pain Questionnaire 2 (SF-MPQ 2) was used to assess the pain, and The European Organization for Research and Treatment of Cancer Quality of Life Questionnaire-Core 30 (EORTC QLQ-C30) for quality of life. **Result and Analysis:** Manova test was used to analyze the effect of PMP, it showed  $p = 0,002$  (pain) and  $p = 0,000$  (quality of life). It means that 1) PMP decreased the pain and 2) PMP increased the quality of life especially in general health scales on patient with cancer. However, there were no significant difference between functional scales and symptomatic scales of quality of life. **Discussion and Conclusion:** Improvements in quality of life and pain-related cancer suggest that the vicious cycle of chronic pain may be alleviated by PMP (education, distraction and relaxation technique). As we see the results, so that PMP can be the effective treatment to be used by nurse for decreasing pain and increasing quality of life in patients with cancer.

**Keyword : cancer, pain, pain management program, quality of life**