The Follow-up Survey of Physical Function and Quality of Life from Perioperative to Postdischarge in the Patients with Gastrointestinal Cancer

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Purpose: The purpose of this study was to observe the long-term change in physical function and quality of life (QOL) from perioperative to postdischarge phases and to examine the relationship between physical function and QOL in patients with gastrointestinal cancer.

Methods: Subjects were 42 perioperative patients with gastrointestinal cancer [23 men and 19 women aged 60.6 ± 11.3 years (mean ± SD)]. Isometric knee extension force, Timed “Up and Go” test, and 6-minute walk distance were measured for physical function; the acute version of Short-Form 36-Item Health Survey version 2 was used for evaluating the QOL index. These items were evaluated at three time points: before surgery, after surgery, and after discharge.

Results: A significant decline in physical function and QOL was observed temporarily after surgery. Physical function improved equally before and after surgery. On the other hand, postoperative QOL and physical health were significantly lower than that observed preoperatively. Moreover, a significant correlation was observed between the preoperative and postoperative rate of change in physical function and the postdischarge QOL.

Conclusions: This study suggests that the perioperative change in physical function is related with postdischarge QOL in gastrointestinal cancer patients.