

Quality of life of Brazilian and Spanish cancer patients undergoing chemotherapy: an integrative literature review

Namie Okino Sawada (University of São Paulo, Brazil), Adriana Cristina Nicolussi (University of Triangulo Mineiro, Brazil), Juliana Maria de Paula (University of São Paulo, Brazil), Maria Paz Garcia Caro (University of Granada, Spain), Celia Garcia Marti (University of Granada, Spain), Francisco Cruz Quintana (University of Granada, Spain).

BACKGROUND: The number of new cases of cancer, a disease relevant to public health, has increased in Brazil and Spain. The incidence and prevalence of cancer, as well as cancer mortality rates, are similar in Brazil to those found in Spain, as are health policies established in the oncological field. The surgical treatment of cancer and other therapeutic procedures (radiotherapy and chemotherapy) has reduced mortality and morbidity; however, there is a concern regarding the functional status and quality of life of these individuals. Hence, the rehabilitation of patients with cancer is a continuous process, the purpose of which is to maximize the capacities of these individuals within the limitations imposed by the disease and treatment. In this context, we stress the need to investigate the health-related quality of life of both Brazilian and Spanish cancer patients treated with chemotherapy. The objective is to evaluate the articles about quality of life of cancer patients undergoing chemotherapy treatment in Brazil and Spain. **METHODS:** This is an Integrative Literature Review (IR), considered a strategy to identify existing evidence to ground healthcare practices. IR enables the inclusion of diverse methodologies (experimental and non-experimental studies) and contributes to the presentation of varied perspectives regarding a phenomenon and is a means to integrate scientific knowledge in a certain field, contributing to clinical practice. **RESULTS:** 48 publications were found, and, after exclusion from those with duplicity and reading careful of articles in full, the sample consisted of 28 articles. It was evident that chemotherapy affects the quality of life and the factors that most influenced were age, sex, type of chemotherapy protocol, type of surgery, stage of disease, education level and emotional intelligence. **Conclusion:** Although low level of evidence, it is highlighted that complementary therapies such as acupuncture, visualization with guided imagery, prayer and exercises have proved effective in reducing side effects.