

EFFECTIVENESS OF POMEGRANATE POPSICLES ON INFLAMMATION OF THE ORAL MUCOSA AMONG CHEMOTHERAPY PATIENTS AT SELECTED HOSPITAL IN CHENNAI

ENOCH SNOWDEN ROSE

Department of Medical Surgical Nursing, Venkateswara Nursing College,
Thalambur Unit of Vels Group, Pallavaram, Chennai, Tamil Nadu, India

ABSTRACT

This quantitative research aims to examine the effectiveness of pomegranate popsicles on oral mucositis among patients receiving first cycle chemotherapy. 60 subjects were selected in the chemotherapy department of Dr. Kamakshi Memorial Hospital. Purposive sampling technique was used to select subjects into experimental and control groups of 30 each. Post-test was conducted using W.H.O Oral Mucositis Scale for the subjects one week after oral intervention with pomegranate popsicles 5 minutes prior to, maintained 5 minutes during infusion and 5 minutes after infusion of chemotherapeutic agent to subjects in experimental group, whereas the subjects in control group received mouthwash with fresh water three times a day. The paired t test was used to compare the post-tests mean score level of oral mucositis among patients in experimental and control group. Chi-square test was used to find the association between the post-tests mean score level of oral mucositis and selected demographic variables. Research findings indicate in experimental group only 23% of patients developed oral mucositis, whereas in control group 43% of patients developed oral mucositis. Thus patients were 20% less likely to develop oral mucositis when given pomegranate popsicles during chemotherapy. The results also revealed an association between item used for brushing and intake of chat items in diet with the occurrence of oral mucositis, at $p < 0.05$ level. The paper rounds up with conclusions and an agenda for future research in this area.

KEYWORDS: Oral Mucositis, Side Effect of Chemotherapy, WHO Oral Mucositis scale, Pomegranate Popsicles, Non-Pharmacological Intervention