The Effectiveness Of Different Oral Care Solutions For The Treatment Of Chemotherapy-Induced Oral Complications

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Introduction
A Oral complications are considered to be the most common debilitating side effect of chemotherapy. Symptoms include sore throat pain and oral dryness. These complications affect nutrition, speaking, function and quality of life of patients under cancer treatment. Oral solutions are containing different category of agents, which have been used for the treatment of chemotherapy-induced oral complications.

Aim of the study
To determine the effectiveness of using different oral care solutions for the treatment of chemotherapy-induced oral complications in cancer patients receiving chemotherapy at an oncology center.

Methods
- A prospective study was carried out on 90 patients with new diagnosis of diverse types of cancers eligible for different chemotherapeutic regimens at the oncology centre of Dr. Lütfi Kirdar Kartal Teaching and Research Hospital in Istanbul –Turkey.
- Patients were divided into 3 groups as A, B, C group of 30 patients each and followed-up every two weeks.
- Cancer patients suffering from oral mucositis within each group were receiving oral care solutions using benzylamine hydrochloride, sodium bicarbonate, and glutamine powder respectively.
- Patients within each group were evaluated and followed-up using “Patient Observation Form”, “Oral Mucosa Evaluation Form”, and “Visual Analogue Scale”.

Results
- Socio-demographic characteristics regarding gender and smoking habits showed no significant difference (P=0.051; P=0.894) respectively.
- Patients receiving glutamine powder in Group C showed a significant decrease in oral mucositis (P=0.029).
- Patients in both Group A and B were significantly suffering from throat pain (P=0.029) compared to patients in group C.
- Moreover, patients in Group A were significantly suffering from marked oral dryness (P=0.0001).
- According to the Rotterdam symptom list, physical disturbances of Group B was much more (P=0.041) than that of other groups at the end of the study.

Conclusions
Among the most common oral care solutions, glutamine powder was found to be the most effective oral care solution for the treatment of oral complications including mucositis, oral mucosal pain and oral dryness in cancer patients receiving chemotherapy.

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