3 - Clinical Anatomy

OC-063 - (23805) - EXPLORING ASSOCIATIONS: ANTHROPOMETRY, HANDGRIPSTRENGTH, FACT G/FACIT FATIGUE 10 SCORES IN ADULT CANCER PATIENTS ON CHEMOTHERAPY

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Simple and non-invasive handgrip strength(HGS) has gained importance in predicting morbidity and quality of life.
A cross-sectional study was conducted on 175 adult cancer participants to examine the relationship between handgrip strength, body composition and health-related quality of life while on chemotherapy in a tertiary care centre in Central India. Demographic and anthropometric variables, BMI were measured. HGS calculated Dynapenia. Health-related quality of life (HRQoL), and fatigue were measured using FACT-G and FACIT 10 scales. Descriptive statistics, correlation analysis and multiple linear regression models were used.
74 males and 101 females participated with neck and waist circumference 36.9±6 and 87.1±11.4cms, body fat 29.4%±11.4%, fat-free mass index 16.2±3.1, and handgrip strength 21.3±10.2 and 19.4±9.0 kg in right and left sides respectively. The average scores of FACT-G were physical 12.8, social 14.8, emotional 10.8 and functional 14.2. The mean FACIT-10 score was 27.47; more patients experienced significant fatigue. Older participants had better emotional well-being(p=<.001). Fat-free mass was a significant predictor of fatigue(p=<.001). HGS positively correlated with height, weight, fat-free mass, and physical and functional FACT G scores.
HGS correlated with physical and functional well-being at the bivariate level; its predictive power diminishes when adjusted for factors of age, sex and body composition. In regression model analysis, weight and fat-free mass were significant predictors of fatigue (p=0.013,p=0.012). Body composition plays a critical role in fatigue. **Conclusion:** Integrating HGS and promoting physical activity for at-risk patients must be recommended. Individual differences should be considered when designing interventions to improve health and well-being.

Palavras-chave : anthropometry, cancer, handgripstrength