Apr 20th, 1:00 PM - 3:00 PM

Understanding and Managing the Symptoms of Chemo Brain in Oncology Patients

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As a result of the harsh treatment methods cancer patients undergo, many experience cognitive changes which are often attributed to a condition called chemo brain.

The study also showed that chemo brain affects 10-40% of cancer patients. When analyzing this condition among different cultures, it was found that the cognitive changes experienced by patients was dependent on culture.

Subjects of the study did in fact identify and verify that they had experienced symptoms of chemo brain.

Subjects also determined that chemo brain was, “mis-recognized, under-recognized, and sometimes negated” because of what is thought to be a lack of knowledge on the condition (Selamat et. al., 2014).

As a result of the harsh treatment methods cancer patients undergo, many experience cognitive changes which are often attributed to a condition called chemo brain.

Lifestyle changes

- **Exercise the mind:** doing crossword puzzles, sudoku
- **Exercise the body:** walking, swimming
- **Provide breaks:** throughout the day to promote rest.
- **Stay organized:** encourage patients to make schedules
- **Timing:** encourage patients to choose to accomplish perform tasks during the time of day when they are most focused.

Further research needs to be completed on the condition of chemo brain

Health care professionals need further education on chemo brain in order to effectively care for oncology patients.

Creation of a standardized assessment tool for health care providers to use for the screening of the condition.

Chemo Brain

Subjects of the study did in fact identify and verify that they had experienced symptoms of chemo brain.

Survivors were found to be “linked together in a line of argument, was a consistent account on their struggles to self-manage the chemo-brain impairments that impact their daily lives” (Selamat et. al., 2014).

In the future, research may further determine the condition and management of the condition related to chemo brain.

Selected References


