Evaluation of satisfaction and quality of life of patients with mammary hypertrophy undergoing breast reduction surgery at UNICAMP Clinical Hospital

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Abstract

BREAST-Q is an instrument of analysis of well-being and quality of life of patients undergoing different types of breast surgery. Patients provide a unique and vital perspective on the success of breast surgery procedures. The objective of this work is to evaluate the satisfaction with the reduction breast surgery and its impact in quality of life of patients who underwent this procedure at UNICAMP Clinical Hospital through BREAST-Q questionnaire. 21 patients answered to the questionnaire (pre and post operatory scopes). Using the “Q SCORE”, the characteristics that make up the respective sub-domains of the questionnaire got a score from 0 to 100. The data is still being evaluated statistically at the time of submission of the work at this Congress.

Key words: BREAST-Q, breast reduction surgery, quality of life.

Introduction

Mammary hypertrophy is defined as excess of mammary tissue that can cause a range of symptoms. Those associated with dissatisfaction with breast appearance may cause a poor psychosocial and sexual well-being and reduce the quality of life of the patients. Breast reduction is the treatment for mammary hypertrophy and one of the most popular procedures in plastic surgery¹.

BREAST-Q is an instrument of analysis of well-being and quality of life of patients undergoing different types of breast surgery and is the only questionnaire to assess breast reduction outcomes that meets international standards for questionnaire development². The conceptual framework of BREAST-Q comprises 2 domains: quality of life (physical, psychosocial and sexual well-being) and patient satisfaction (satisfaction with breasts, with overall outcome and with care)³.

Patients provide a unique and vital perspective on the success of breast surgery procedures ⁴. The application of BREAST-Q may guarantee the evaluation of the well-being and satisfaction of those patients.

The objective of this work is to evaluate the satisfaction with the reduction breast surgery and its impact in quality of life of patients who underwent this procedure at UNICAMP Clinical Hospital through BREAST-Q questionnaire.

Twenty-one patients returned in the days and places determined to administer the questionnaire. In its preoperative scope the questionnaire was applied in retrograde mode, and the patients were instructed to indicate how they felt before the surgery. Regarding the postoperative, the patients were instructed to respond as they felt at the time of the application.

Results and Discussion

Data were tabulated on Excel spreadsheet. Each item received a score that varied from 1 to 4 or 5, depending on the section. Using the “Q SCORE”, a software available at the BREAST-Q website, the characteristics that make up the respective sub-domains of the questionnaire got a score from 0 to 100. These data are still being evaluated statistically at the time of submission of the work at this congress.

Conclusions

This work still doesn’t have conclusions at the time of submission at this congress.

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