ABSTARCT

The effect of ice chips and mouthwash on prevention of mucositis and pain among colorectal cancer patient during chemotherapy

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Aims

The aim of this study was to evaluate the effect of ice chips and mouthwash on prevention of mucositis and pain among patient with colorectal cancer during chemotherapy

Methods

This is a quasi-experimental design study. A total of 80 colorectal cancer patients were randomly assigned to intervention group and control group. The participants in the intervention group (n=40) were given ice chips to hold in their mouths prior to, during, and after the infusion of chemotherapy followed by Sodium Bicarbonate 2% mouthwash (3 times daily) post chemotherapy until the next cycle. The control group (n=40) only received Sodium Bicarbonate 2% mouthwash (3 times daily) post chemotherapy until the next cycle. Mucositis was evaluated based on the World Health Organization Mucositis Scale and pain was measure using 11-point numeric scale.

Results

A total of 29 (72.5%) of the participants in the intervention group reported grade 0 or no oral mucositis while 25 (62.5%) of the participants in the control group reported grade 3 oral mucositis. Regarding pain, 27 (67.5%) of the participants in intervention group reported no pain while 18 (45%) and 20 (50%) in the control group reported moderate and severe pain, respectively. There was significant difference in mucositis grading and pain score between intervention and control group ($p<0.0001$).

Conclusion

The use of ice chips during the administration of chemotherapy followed by mouthwash could help to prevent oral mucositis and pain. Although far from conclusive, the perceived helpfulness of ice chips and mouthwash perhaps ought to be recommended as a supportive therapy for patients with colorectal cancer during chemotherapy.