



ABSTRACT

Background: Cancer with bone metastasis is a complex condition that can significantly reduce patients' quality of life due to complications such as severe pain, pathological fractures, and mobility impairments. This study aimed to identify the quality of life of cancer patients with bone metastasis at Dr. Sardjito General Hospital, Yogyakarta, based on demographic characteristics, symptom domains, and functional domains.

Methods: This research employed a descriptive cross-sectional design with a quantitative approach. The sample consisted of 154 cancer patients with bone metastasis who met the inclusion criteria. Data were collected using demographic questionnaires and the EORTC QLQ BM22 instrument, which measures symptom scale domains (location and pain characteristics) and functional scale domains (functional impairments and psychosocial aspects). Data were analyzed descriptively and presented as frequency distributions and mean quality of life scores.

Results: The majority of respondents were aged 40–65 years (69.5%), predominantly female (81.2%), with most having a high school education (41.6%). The most common occupation was homemaker (40.9%), followed by private sector employees (22.1%). The most frequent primary tumor was breast cancer (59.1%), followed by prostate cancer (13.6%). The mean total quality of life score in the symptom domain was 36.78 ± 33.92 , indicating better quality of life, while the mean total score in the functional domain was 47.69 ± 22.01 , indicating poor functioning.

Conclusion: The quality of life of cancer patients with bone metastasis is generally low, particularly in the symptom and functional domains. Thus, a multidisciplinary approach, including palliative care and psychosocial support, is essential to alleviate symptoms and improve patients' quality of life.

Keywords: Quality of Life, Cancer, Bone Metastasis