

### Results

Out of 120 participants, 46 sustained SP during last 6 months, of which 24 had been playing cricket for more than 10 years while the other 22 for less than 10 years. 44% of players have experienced moderate pain, 39% experienced mild pain and 17% experienced severe pain. 59% sustained SP during fielding, 39% during bowling, and only 2% while batting. 66.6% of the fast bowlers SP was most common among fast bowlers (63.3%) than spin bowlers and fast medium bowlers. However, 66.6% of bowlers and 50% of the all-rounders sustained SP while fielding and not while bowling. 41% with SP have had physiotherapy and 17% have just ignored their SP. 22% had used self-treatment for SP and out of them 70% had used ice, 20% used massage and 10% had used local applications. 60% of players has stopped playing while undergoing treatment for SP whereas 36% hadn't stopped.

### Conclusions

The prevalence of SP among club cricketers is high and it depends on their main role on the field, style of play and use of improper techniques.

### PP068

**Different pain relieving methods used by selected cancer patients attending national cancer institute Maharagama and their associated factors**

Fernando KDL<sup>1</sup>, Kumari PDK<sup>1</sup>, Jayani BW<sup>1</sup>,  
Gunarathne MBLU<sup>1</sup>, Morawaka MSK<sup>1</sup>,  
Ranwala R<sup>2</sup>, Goonewardena CSE<sup>3</sup>

<sup>1</sup>Faculty of Medical Sciences, University of Sri Jayawardenepura

<sup>2</sup>National Hospital of Sri Lanka, Colombo

<sup>3</sup>Department of Community Medicine, Faculty of Medical Sciences, University of Sri Jayawardenepura

### Introduction and objectives

Many cancer patients have become victims of pain which affects normal day to day activities. Severe pain may even lead them to commit suicide. Hence pain control is very important. Our objective was to describe the

different pain relieving methods used by selected cancer patients attending the National Cancer Institute Maharagama and their associated factors.

### Method

A hospital based descriptive cross sectional study involving 250 patients with selected cancers, attending the National Cancer Institute, Maharagama. Data were collected using a pre-tested interviewer administered questionnaire and a data extraction form. Statistical analysis was done using SPSS version 15.0.

### Results

In our population, 55% (N= 137) were males, 69% (N=172) more than 50 years, 72% (N=180) were married and 64% (N=160) were from nuclear families. Commonest cancer among males was oral cancer (43%) and breast cancer (55%) was the commonest among females. Analgesics were used by all for pain relief. Alternative pain relief methods were meditation and religious activities (24%, N=61), ayurveda (17%, N=42), massage (9%, N=23), music therapy (8%, N=21) and physiotherapy (6%, N=14). A statistically significant association was observed between meditation and extended families (p=0.006), older age group (p=0.001) and longer duration of cancer (p=0.009). Among patients who used massage for pain relief, extended families (p=0.031) and younger age group (P=0.006) showed a significant association. There was a statistically significant, association between use of physiotherapy and higher income (p=0.002).

### Conclusions

Analgesic was used for pain relief by all patients. Alternative methods were used by a significant proportion and were dependent on various patient factors and duration of cancer.