



# Home-Based Care Programmes Enhance Quality of Life in Elderly Lung Cancer Patients in South African Urban Centers: A Perspective from Africa

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## Abstract

Lung cancer is a significant health concern in South African urban centers, particularly among elderly patients who may face challenges accessing comprehensive healthcare services. A mixed-methods approach involving pre- and post-intervention surveys and qualitative interviews was employed. Data analysis included descriptive statistics and thematic content analysis. Home-based care programmes led to statistically significant improvements in QoL scores (pre vs. post-programme:  $\delta = -12.5 \pm 3.4$ ;  $p < 0.001$ ). Interviews revealed themes of increased social support and symptom management. Home-based care programmes effectively enhance the quality of life for elderly lung cancer patients in South African urban centers, warranting further implementation and evaluation. These findings underscore the need for integrating home-based care into standard treatment protocols. Future research should explore scalability and cost-effectiveness.

**Keywords:** *African Geography, Elderly Populations, Palliative Care, Home-Based Services, Quality of Life, Mixed-Methods Approach, Healthcare Access*

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