What Matters to You?

Dr Colm Mac Eochagain
Clinical Fellow: St James' Hospital Dublin

Affiliations, Contributors, Conflict of Interest

Affiliations

- Royal Marsden Hospital, London
- Trinity St James' Cancer Institute, Dublin
- British Geriatric Society Clinical Fellow
- YSIOG Committee Member

Conflict of Interest: None

Contributors

- Colm Mac Eochagain
- Anne Barrell
- Jane Murphy
- Megan Pattwell
- Jacqueline Cumming
- Vanya Slavova-Boneva
- Amanda Edmondson
- Alistair Ring
- Nicolo Matteo Luca Battisti

Decision Making in Older Adults with Cancer

- Comorbidity, reduced functional independence
- Higher risk of toxicity
- Often limited evidence base
  - Under-enrolment
  - Under-reporting
  - Relevance of trial endpoints often limited

Patient Priorities in Geriatric Oncology: Background

Seghers et al (2020, Cancers)

- 28 Studies
- Six relevant to older population
  - Median age >70

- All included studies used
  - Outcome prioritization tool
  - Rating scales
  - Discrete choice

Quality of life was highest priority

cancers MDPI

Systematic Review

Patient Preferences for Treatment Outcomes in Oncology with a Focus on the Older Patient—A Systematic Review

Petronella A. L. (Nelleke) Seghers [1,*], Anke Wiersma [2], Suzanne Festen [3], Mariken E. Stegmann [4], Pierre Soubeyran [5], Siri Rostoft [6,7], Shane O'Hanlon [8,9], Johanneke E. A. Portielje [10] and Marije E. Hamaker [1,*]

Patient Priorities in Geriatric Oncology: Background

Problem

Asking patients about their priorities presupposes the freedom of their responses

What Matters To You?

Methods

Inclusion Criteria

- Age >70
- Commencing new SACT
- Screened for referral to RMH-SAOP

No exclusion criteria

'What Matters to You?'

- Free-text response
- Mixed methods content analysis approach
- Iterative open & axial coding – eight key domains
- Disagreements resolved by consensus
- Answers were assessable against multiple domains

Baseline Patient Characteristics

Screened: 210
Response: 134 (63.8%)

- Female: 81.3%
- Breast cancer: 62.7%
- ECOG 0-1: 85.1%
- Palliative intent: 68.7%
- Katz Score: IQR 4-6 (Median: 6)

Patient Characteristics.

Total Population	n	134
Age	Mean (SD)	77.7 (5.31)
Tumor Type	Breast (n, %)	84 (62.7%)
	Lung (n, %)	32 (23.9%)
	GI (n, %)	17 (12.7%)
	Melanoma (n, %)	1 (0.7%)
Sex	Male (n, %)	25 (18.7%)
	Female (n, %)	109 (81.3%)
ECOG Performance Status	0 (n, %)	42 (31.3%)
	1 (n, %)	72 (53.7%)
	2 (n, %)	19 (14.2%)
	3 (n, %)	1 (0.7%)
	4 (n, %)	0 (0%)
Treatment Intent	(Neo-)Adjuvant (n, %)	42 (31.3%)
	Palliative (n, %)	92 (68.7%)
Self-Assessed Overall Health (1–10)	Median (IQR)	7 (5–8)
Self-Assessed Quality of Life (1–10)	Median (IQR)	7 (5–8)

Results

- Most patients prioritized time with family
- Health related quality of life also highly important
- 3 patients prioritized overall length of life (2.2%)

Different from results using closed questioning

Patient Reported Priorities.*

	n	%
Family / Close Social Network	89	66.4
Health & HRQOL	56	41.8
Functional Independence	40	29.9
Recreation / Hobbies	28	20.9
Psychological Wellbeing	19	14.2
Religious / Spiritual Beliefs	12	9.0
Travel	11	8.2
Caring for Others	8	6.0

Illustrative Examples

"What Matters to You?" - Illustrative Examples.

Family / Close Social Network

- "My family, especially my wife. Being perceived as a fair, kind person who is happy to help others. Leaving behind a close happy family."
- "My family, my grandchildren, my son and his wife, I have a fear of the unknown."

Health & Health-Related Quality of Life

- Getting the best treatment to improve my health and quality of life.
- At this stage of my life, it matters to me that I should have maximum mobility and that my overall health is as good as it can be.

Functional Independence

- Being able to be independent and active, I do not want to feel poorly to the point I am laid in bed.
- Being independent socially; texting my daughter; talking to my sister on telephone; doing my own laundry; listening to radio; traveling to the shops by bus or on foot; coffee clubs; film and theatre clubs; growing some of my flowers in garden pots; having fresh flowers and plants in my flat.

Recreation / Hobbies

- Playing tennis and keeping in touch with my friends and of course all my family. Looking after my dog and gardening, but not mowing the lawn!!
- Family, Friends, Rumicub, Crosswords

Psychological Wellbeing

- Staying positive
- I strive to be positive and overcome my cancer. My family are everything to me.

Religious / Spiritual Beliefs

- Jesus, being able to drive/being independent/family
- Enjoying what we can and being thankful to Jesus Christ.

Travel

- "Travelling to see my grandson, learn piano, sign language
- "Trips abroad to [Country]*, Family especially three grandchildren.

Caring for Others

- Being able to help my family. Being part of my church, particularly the [Club]*
- Being able to support my family, especially my wife [Name]*, who is not in the best of health herself.

Conclusion

- First study to assess geriatric oncology patient priorities using open-ended question
- Emphasis on: Family / Close social network, HRQOL, and functional independence
- Low emphasis on overall survival
- Priorities differ from those obtained using close questioning techniques
- A key tool to help focus treatment objectives and determine success of treatment

Link to Publication
Journal of Geriatric Oncology