

Long-Term Quality of Life and Survivorship Priorities in Esophagogastric Cancer Patients

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INTRODUCTION

- The management of esophagogastric cancer (EGC) presents a significant burden on patients' quality of life (QOL).
- Understanding patients' priorities presents an opportunity to provide patient-centric care.

POPULATION STUDIED

- EGC cancer survivors participating in online support groups.

METHODS

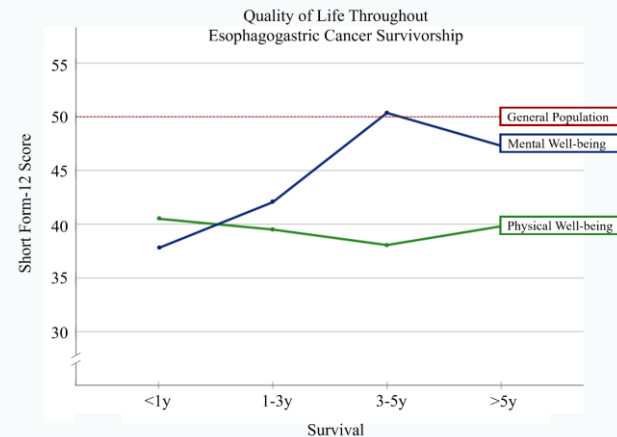
- Surveys distributed through online support groups
- Respondents were asked to rank-order prioritization of care aspects:
 - Longevity
 - Experience
 - Costs of care
 - Well-being
- Kendall's co-efficient of concordance was used to assess agreement amongst respondents
- Physical (P-QOL) and Mental (M-QOL) well-being were assessed using the Short Form-12 questionnaire
- Results were compared between patients based on:
 - Metastatic vs Non-metastatic disease
 - Surgical vs Non-surgical management
 - Short term (<1 year) vs Long term (>5 years) survivors

RESULTS

- 100 total respondents: 54% male, 90% Caucasian, 79 % received care at regional medical centers.
- 81% reported esophageal cancer and 19% reported gastric cancer, of which the majority (80%) adenocarcinoma.
- 26% of the cohort reported metastatic disease and 66% underwent surgical management..
- There rank-order of priorities was consistent irrespective of metastatic disease or management approach:
 - Longevity and functional independence experience were ranked high
 - Treatment experience and costs were ranked low
- Overall, P-QOL was 40±10 and M-QOL was 42±15, lower than the general population (50±10); both $p < 0.001$.
- There was no difference in and M-QOL between patients with metastatic vs non-metastatic disease ($p=0.320$).
- M-QOL was better for patients who underwent surgical management ($p=0.010$)
- M-QOL improved over the course of survivorship (37±14 at <1year vs 47±16 at >5years, $p=0.008$).

CONCLUSIONS

- EGC survivors experience long-term health impairments yet place paramount importance on longevity
- Despite enduring health-related physical impairments, there is improvement in their mental well-being throughout survivorship



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