



Quality of life evaluation of breast cancer survivors by community practionners

Saint Louis réseau sein
Paris



Quality of life (QoL) of cancer survivors is an emerging concept

The main aims of cancer treatments are survival ; up to a recent period it was the only goal for patients and physicians.

As cancer became a more chronic disease, patients claimed for better QoL during and after treatments



Breast cancer survivorship and QoL : changes of paradigms

- QoL improvement is a new challenge for oncologists at each step of the disease
- The most is not always perceived as the best
- QoL mandates oncologists and PCP not only to cure the cancer but to care the patients



What means QoL evaluation ?

- Better knowledge of the consequences of treatments implications on patients personal , familial, professional life, social restoration and well being
- QoL evaluation needs specific measurement tools
- Global and personalized cancer care has become mandatory



QoL evaluation : a recent history in oncology

- QoL = clinical research
- QoL = institutional treatment
- QoL = post therapeutic period ?



Which tools ?

1 clinical research :

- Scales
- Questionnaires
- Numerous, specific, complicated

2 Routine evaluation

- No tool available



Saint- Louis réseau sein : a cancer network

- Shared follow-up between Saint-Louis breast cancer unit and CP
- Mutidisciplinary follow up :
 - Medical : GP, gynecologists, oncologists, breast and plastic surgeons, radiologists, radiotherapists..
 - Non medical : nutritionists, psychologists, physiotherapists, social workers



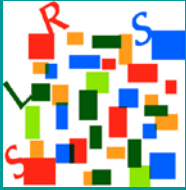
Our aims

- Public health policy « Plan cancer »
- Routine evaluation in order to
- By CP
- Post therapeutic period
- Specific tool required++++



Routine QoL evaluation tool

- "The more you search, the more you find"
- Elaboration of a standardized questionnaire completed by CP (gynecologist or GP) during the first externalized follow up visit.
- The following fields are screened :
 - Functional disorders : pain, lymphoedema
 - Weight modifications
 - Hormonal and sexual disorders
 - Psychological disturbances
 - Social profiling
- Patients were allocated free supportive care (dietetic counseling, psychological support) in case of necessity



Our experience

- 226 breast cancers survivors benefited of QoL evaluation
- All patients had been treated at Saint Louis breast unit
- Some were still receiving hormonal therapy
- mean age 59 years (35-85)
- Menopause : 51%



Results

- Pain (breast, arm, shoulder) : 37.6% patients, qualified « severe » 5 patients
- Lymphoedema : 5.6%
- Weight gain: 37%
- Hot flush 32%, vaginal dryness 32%
- Psychological troubles 32%
- 51% patients were still at work. 25% had to modify their working conditions
- 23 patients benefited of dietetician counseling, 20 of psychological support
- 2 patients met a social assistant



Comments

- Quality of life evaluation implies detection of the disorders and their measure
- Questionnaires are widely used for clinical research but are not adapted for routine use by CP
- Our questionnaire seems valid and useful for detection of the main troubles experimented by breast cancer survivors



Conclusions

- Routine QoL evaluation of breast cancer survivors by PCP is feasible
- It can help them by prescription of targeted supportive care
- It can help professionals to a better approach of the multiple consequences of breast cancer on their patients personal and social life