

SUPPORT SESSIONS PRIOR TO RADIOTHERAPY REDUCE PATIENT ANXIETY

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BACKGROUND

- Patients present for radiotherapy with anxiety.

Aim: To determine whether a radiation therapist (RT) led education intervention (RT-PREPARE) for women with early breast cancer

- reduced anxiety and depression
- decreased concerns about radiotherapy
- increased patient knowledge and patient preparedness
- was cost effective

METHODS

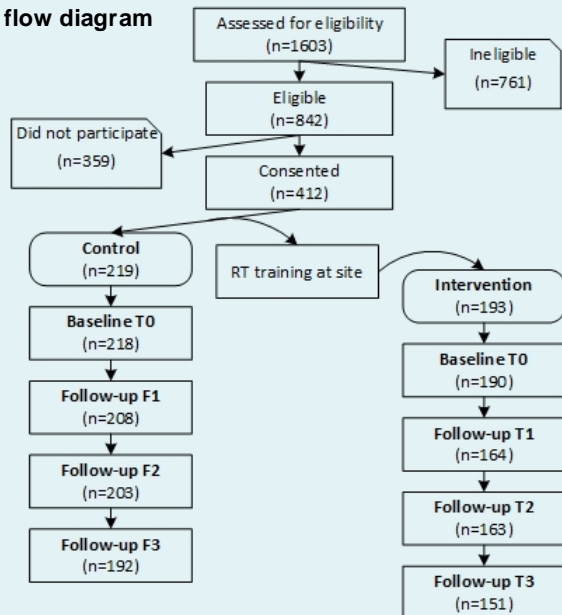
- Multiple baseline intervention study (3 sites)

RT Prepare Intervention

- One-on-one education delivered prior to treatment planning and on 1st day of treatment
- RTs provided sensory and procedure information and focused on reducing pre-treatment anxiety

- Outcome measures: anxiety and depression, concerns about radiotherapy, patient knowledge of radiotherapy and patient preparedness
- Measures collected:
 - after consultation with radiation oncologist (baseline)
 - prior to treatment planning (F1)
 - on 1st day of treatment (F2)
 - after treatment completion (F3)
- Analysis: Generalised Linear Mixed Models
- Intervention costs calculated.

Study flow diagram

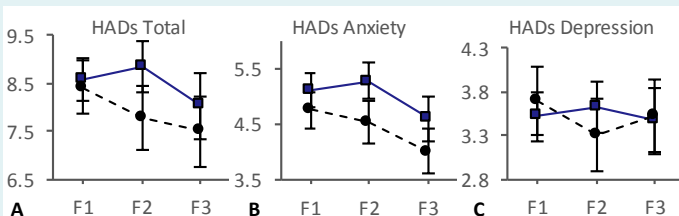


RESULTS

Demographics

	Usual Care (N=218)	Intervention (N=190)
	M(SD)	M(SD)
Age	55.9(10.5)	57.9(10.5)
	n (%)	n (%)
Site		
Site 1	65 (29.8)	56 (29.5)
Site 2	100 (45.9)	100 (52.6)
Site 3	53 (24.3)	34 (17.9)

- Significant between group differences found for psychological distress at F2 (p<0.001) and anxiety at F2 (p=0.03) and F3 (p=0.05).
- No significant differences for depression.



Comparison of control (solid line) and intervention (dashed line) scores for HADS Total(A), HADS Anxiety(B), HADS Depression(C). Continuous predictors are fixed at the corresponding values: Pretest_HADsT=9.2, Pretest_Anxiety=5.5, Pretest_Depression=3.7

- Significant differences for patient concerns about RT, knowledge about RT and patient preparedness (p<0.05)

	F1		F2	
	Estimated mean difference (95% CI)	p	Estimated mean difference (95% CI)	p
Concerns about Radiotherapy	0.6 (0.32, 0.88)	<0.001 [†]	0.3 (0.07, 0.6)	0.01*
Patient Knowledge of Radiotherapy Planning	-3.3 (-3.7, -2.8)	<0.001 [†]	Not measured	
Treatment	-3.2 (-3.9, -2.6)	<0.001 [†]	-1.4 (-2.2, -0.6)	0.001 [†]
Patient Preparedness				
Procedural Concerns	0.4 (0.3, 0.6)	<0.001 [†]	0.33 (0.15 to 0.52)	<0.001 [†]
Sensory Psychological Concerns	0.3 (0.2, 0.5)	<0.001 [†]	0.2 (-0.04, 0.3)	0.1

Effect of intervention on secondary outcomes (GLMM regression models testing between-group effects). Estimated mean difference between intervention and control. * p<0.05, † p<0.001. ^ Significant at Bonferroni adjusted alpha-level .025.

Intervention Costs: Mean within-trial costs per patient estimated at AU\$159 (US\$120); if the intervention was made available to all eligible patients across the three sites on an ongoing basis, mean intervention costs are estimated at AU\$35 (US\$26).

CONCLUSION

- RT Prepare intervention was effective in reducing breast cancer patients' anxiety and concerns; increasing patients' knowledge and preparing patients for treatment.
- This intervention provides an opportunity for radiation therapists to extend their role into providing patients with information and support prior to treatment to reduce psychological distress.

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