

Throat symptoms in Hematopoietic Stem Cell Transplant (HSCT) Patients: OraStem

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Objectives

Throat symptoms can be debilitating acute side effects of conditioning therapy for HSCT. The aim of this study was to evaluate the prevalence of throat symptoms during hospitalization of HSCT patients and determine their relationship with functional limitations and quality of life.

Materials and Methods

HSCT patients were seen 3 days/week during hospitalization after HSCT as part of the OraStem study. Prevalence of specific throat symptoms was determined. Dysphagia was measured by the CTCAE 3.0 scale (0-4). Oral mucositis was measured by the World Health Organization (WHO) scale (0-4). Functional limitations and impact on quality of life was assessed by the Oral Mucositis Daily Questionnaire (OMDQ). In preliminary analysis descriptive statistics and Spearman correlation coefficients were calculated.

Conclusion

Numerous throat symptoms occur early after HSCT, with dryness and swallowing problems as the most common throat symptoms. The mean dysphagia score was strongly correlated with functional limitations.

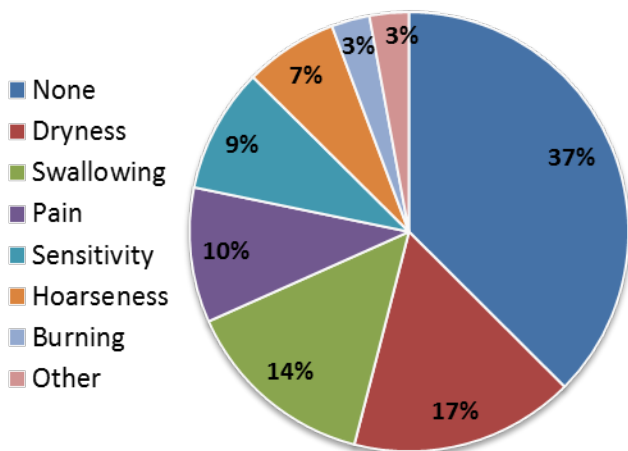
Results

Descriptives

N	141 patients (55% male)
Age	52.5 years (SD=13.5)
Diagnosis	
MM	54 patients
AML	25 patients
Lymphoma	17 patients
Other leukemias	21 patients
Other diagnosis	24 patients
Transplant type	
Autologous	43%
Allogeneic	57%

A total of 141 patients, with a mean age of 52.5 years were included in this study. The most common indication for HSCT was multiple myeloma. In total 74% of the patients received a MA conditioning regimen. Another 18% received a RIC conditioning regimen and 7% received a NMA conditioning regimen. The most common throat symptoms were oropharyngeal dryness and swallowing problems. The mean dysphagia grade was positively correlated with more limitations in sleeping, drinking, eating, talking and swallowing (range: $r=0.51-0.81$, $p<0.0001$). A high mean WHO mucositis score was positively correlated with more limitations in sleeping, drinking, eating, talking and swallowing (range: $r=0.32-0.48$, $p<0.0001$).

Throat symptoms



Worst throat symptoms

