

A Novel Rehabilitation Planning Consult (RPC) For Survivors of Head and Neck Cancer: Pilot Testing

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Objective

To estimate the effect of the RPC on goal attainment, quality of life (QoL) and function in survivors of head and neck cancer (HNC).

Methods

- Single group, pre-post pilot study
- Recruited survivors of HNC who had completed active treatment within 18 months at PMCC
- Exclusions: those with lack of English fluency, cognitive impairment, or concurrent major degenerative condition
- Outcome measures included FACT H&N, SF-36, and survivors' goal attainment ratings
- Assessments were done at baseline (T1), post-intervention (T2) and 1-2 month follow-up (T3)
- Means, standard deviations (SD), and change scores were calculated and effect sizes were estimated with Cohen's d_{av} ¹

RPC Description

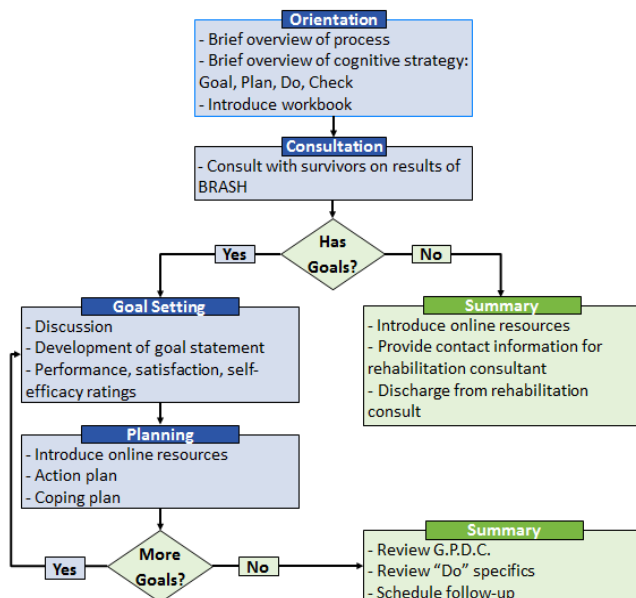


Figure 1: Rehabilitation Planning Consult (Beta Version): The RPC consists of an initial consult, a follow-up consult, and an online resource compendium (www.hncrehab.ca).

Results

Out of 30 participants, 23 identified individualized rehabilitation goals, and 20 completed post-intervention assessments.

* small effect; $d_{av} \geq 0.2$
 ** (moderate effect); $d_{av} \geq 0.5$
 *** (large effect); $d_{av} \geq 0.8$

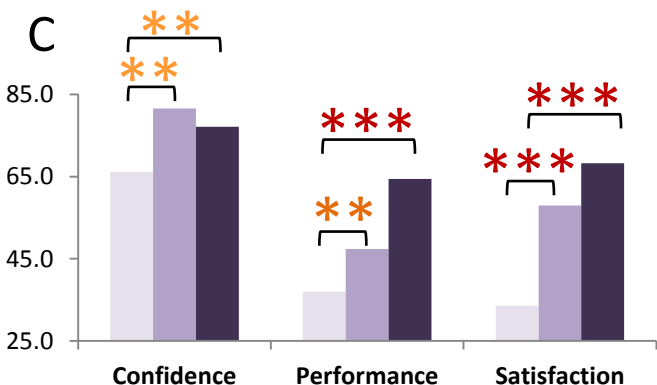
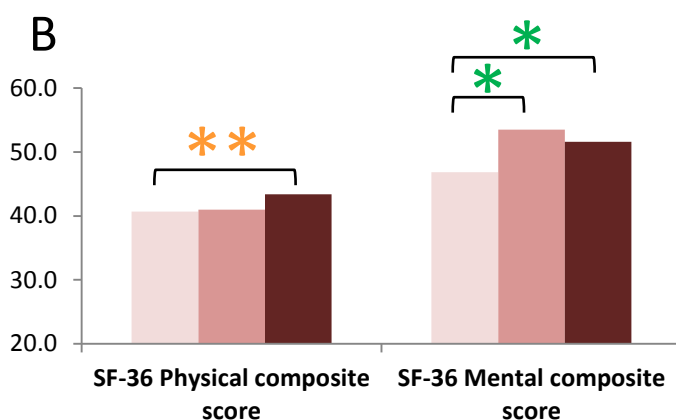
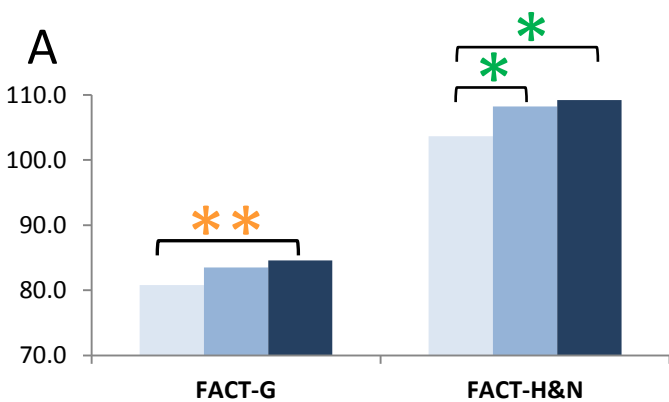


Figure 2. Mean scores at T1, T2, T3, and magnitude of effect for outcome measures

Conclusions

The RPC may improve individualized goals, QoL, and function in survivors of HNC; a larger randomized control trial is warranted.

References

1. Lakens D. Calculating and reporting effect sizes to facilitate cumulative science: A practical primer for t-tests and ANOVAs. *Front Psychol.* 2013;4:863.

Acknowledgements

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