

CLINICIAN PRACTICE FRAMEWORK FOR SUPPORTING THE MANAGEMENT OF CANCER-RELATED FATIGUE: A MODIFIED DELPHI STUDY

Nicolas Hart, Andi Agbejule, Stuart Ekberg, Raymond J. Chan

BACKGROUND

- Managing cancer-related fatigue (CRF) requires individuals to adopt a range of self-management behaviours.
- Cancer survivors need support from their health care teams to adopt behaviours and manage their fatigue.
- Clinicians report that the lack of clear guidance available on self-management support practices hinders their care provision.

AIM

To develop a **practice framework** that outlines the essential practices required for healthcare professionals to deliver **self-management support** to cancer survivors with CRF.

METHODS

- A preliminary practice framework of 47 practice items (14 **Key Practices**, 33 **Practice Components**) was derived from a systematic review of CRF support programs, and a self-management support capability framework for primary care professionals.
- This preliminary practice framework was presented for consensus rating and comment in a **two-round modified Delphi study** conducted with an international panel of health professionals, research academics, and consumers.

Definitions

Key Practice: Proposed activities health professionals are required to undertake to provide best practice self-management support for CRF.

Practice Component: Steps needed to complete a key practice.

Modified Delphi Study Round 1 (n=47)

Aim: Gather user opinion on agreement with the preliminary framework and further changes

Results of panel feedback: 27 items included in final framework; 5 items removed; **17 items** put for Round 2 rating (14 original items modified, 3 new items).

Modified Delphi Study Round 2 (n=36)

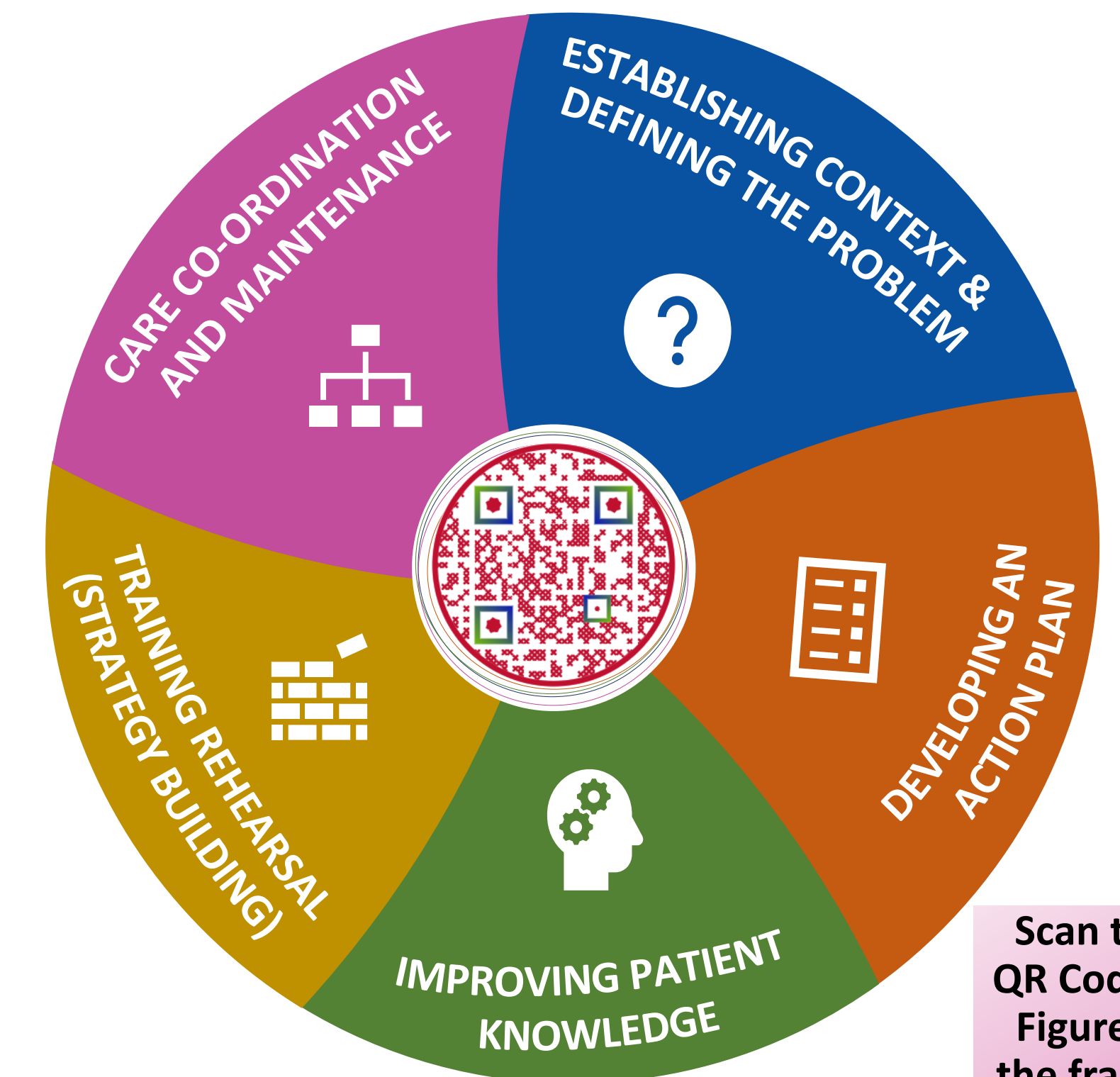
Aim: Gather user opinion on further changes, and agreement with preliminary framework

Results of panel feedback: All 17 items included in final framework; minor wording changes to items.

Final CRF Self-management Support Practice Framework
44 items (13 Key Practices and 31 Practice Components)

Figure 1: Modified Delphi Study process

Figure 2: Domains of the CRF Self-management Support Practice Framework



CONCLUSIONS

- The practice framework offers an evidence- and consensus-based model of best clinical practice for health professionals providing self-management support for CRF.
- Future work should identify the different stakeholder needs in supporting the implementation of the framework in their local setting; and develop the framework into various cultural contexts to be internationally applicable.



* CONTACT: Andi Agbejule; andi.agbejule@flinders.edu.au
@survonc @FlindersCFI @seyi.aa

SCAN ME