

Prevalence of symptoms reported by patients with gastrointestinal cancer:

a secondary data analysis of IPOS data

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Background

Patients with gastro-intestinal (GI) cancer have high symptom burden, however comparative data to other cancers is lacking.

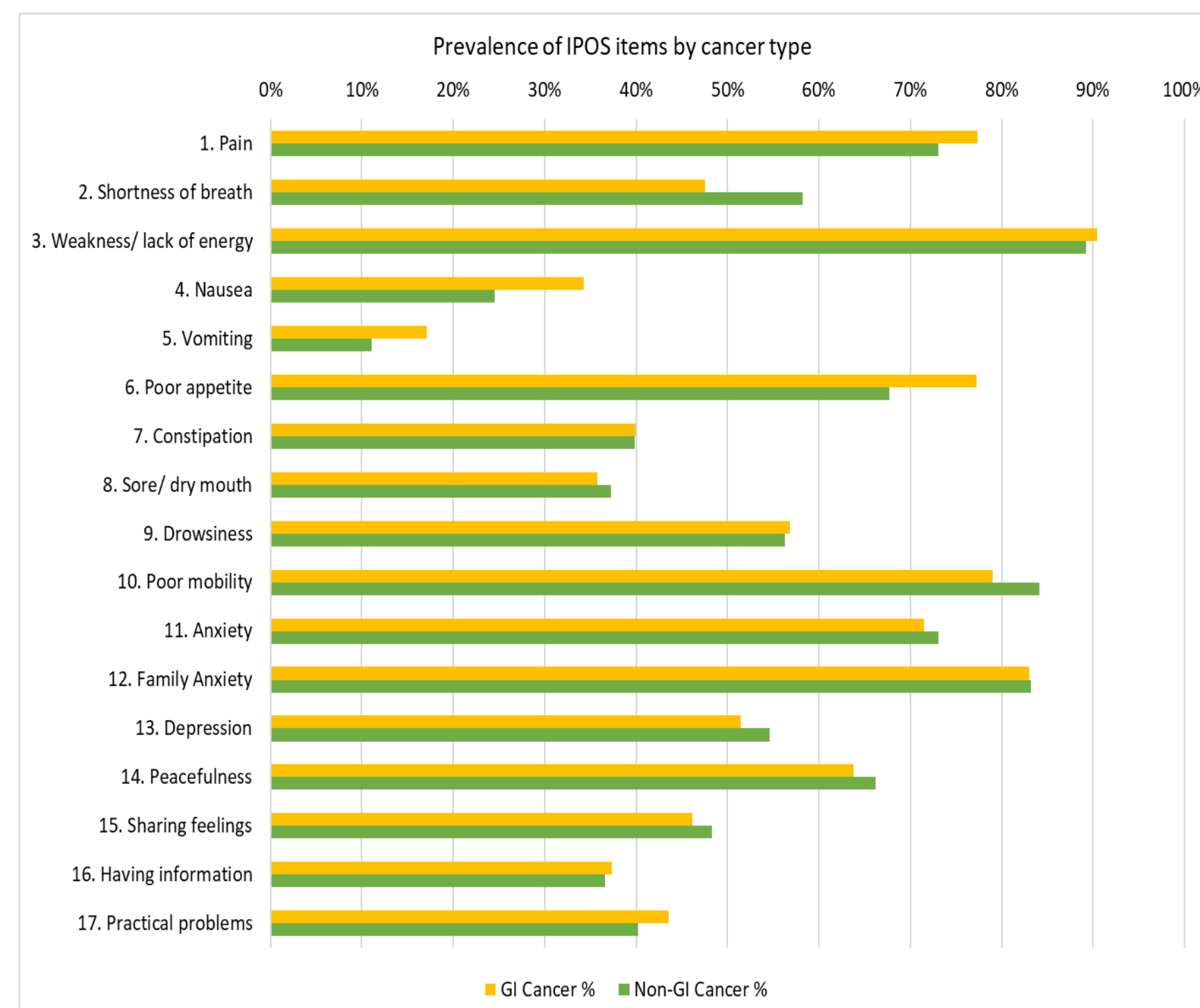
Aim

To determine symptom prevalence for people with GI cancer receiving specialist palliative care, reported with the Integrated Palliative care Outcome Scale (IPOS).

Methods

Using an established Outcomes Registry, secondary analysis of anonymised symptom data from routine community-based specialist palliative care, between 2020-2023 from 3 sites.

Results



Dependent variable: having GI cancer vs all other cancer	Adjusted OR (95% CI)	z value	P value
Sex			
Female	1		
Male	1.34 (1.22 – 1.48)	5.82	<0.001*
Ethnicity			
White	1		
Black or Black British	1.27 (1.07 – 1.52)	2.70	0.001*
Asian/Asian British	1.11 (0.86 – 1.41)	0.80	0.424
Mixed/multiple ethnic groups	0.97 (0.82 – 1.14)	0.38	0.704
Contacts frequency/week	1.01 (0.99 – 1.02)	1.26	0.206
Episode duration	0.99 (0.99 – 0.99)	2.27	0.023*
Site			
Site 1	1		
Site 2	1.17 (0.96 – 1.43)	1.57	0.116
Site 3	1.15 (1.02 – 1.30)	2.28	0.023*

Conclusion

This novel study provides detail about the nature of the high symptom burden for those with GI cancer, and shows poor appetite, nausea, vomiting, and worse mobility are more prevalent compared to other cancers, while pain and weakness are similar. The underlying reasons may relate to illness trajectory, referral timing or other causes, and need further exploration.

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