

ABSTRACT

Introduction: The physical and mental toll of cancer treatment necessitates supportive care as a key component of comprehensive cancer management. This study assesses the efficacy of a personalized, weekly supportive care program at the Oncologic Clinic 16 November, designed to meet the unique needs and preferences of cancer patients and to enhance their active involvement in their treatment journey.

Materials and Methods: Twenty-seven voluntary patients, under treatment or in remission, were enrolled by their primary physicians in our clinic's supportive care program. The program, featuring activities such as painting, pastel drawing, knitting, group choir, yoga, meditation, and sophrology, was tailored to individual preferences. Over six months, participants engaged in these activities during weekly sessions. The program's sustainability was supported through the exhibition and sale of the patients' artwork. Satisfaction was gauged after each session, and mental well-being was assessed using the Generalized Anxiety Disorder 7 (GAD-7) and Personal Health Questionnaire Depression Scale (PHQ-8) at three intervals: pre-program (T0), post-first session (T1), and after six months (T2).

Results: The cohort comprised 17 women and 12 men, with a mean age of 58 (± 12.5 years). The mean satisfaction rate per session was 9.8 out of 10. While changes in depression scores were not statistically significant, with averages decreasing from T0: 4.76 to T1: 4.23 and T2: 4.11, a significant reduction in anxiety was observed. Anxiety scores decreased from T0: 4.96 to T1: 3.34 ($p=0.0204$), and to T2: 3.61, indicating a substantial improvement post the first session.

Conclusion: This study highlights the positive impact of integrative and complementary oncology approaches on patient engagement, quality of life, and managing treatment-related side effects. It demonstrates the potential of personalized supportive care in enhancing the holistic treatment experience of cancer patients.

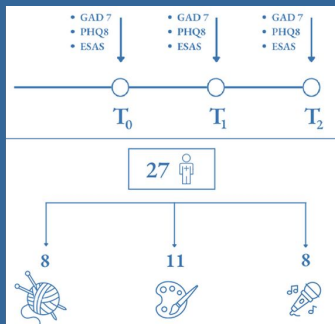
1 INTRODUCTION

The cancer journey is a heavy experience that can cause extreme emotional distress and anxiety for patients and their caregivers [2] Supportive care is established to **manage these side effects** across the continuum of the cancer experience from diagnosis through treatment to post-treatment cares [1]

Aim of this study: To assess the efficacy of a **personalized, weekly supportive care program** at the Oncologic Clinic 16 November, designed to meet cancer patients' unique needs and preferences and enhance their active involvement in their treatment journey.

2 METHODS AND MATERIALS

- 27 patients with 17 women, mean age of 58 (± 12.5 y).
- 3 artistic workshops.
- 3 questionnaires, over
- 3 different periods T0 (baseline), T1 (at the first workshop) and T2 (6 months after)

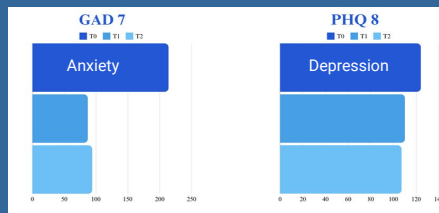


(1)
(2)

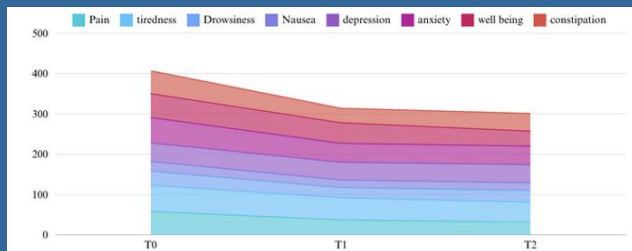
3 RESULTS



Satisfaction rate 9,8/10



While changes in depression scores were not statistically significant, anxiety scores decreased from T0: 4.96 to T1: 3.34 ($p=0.0204$) then T2: 3.61, indicating substantial improvement after the first session.



ESAS symptoms sum score evolution for all patients in time 0, time 1, and time 2



SCAN ME



"It is paradoxical to talk about blessings when we have this kind of disease, but it's a fact that this illness made us explore what we had never tried before and classify our priorities in life"

"I am grateful for this cancer that let me discover this: I never painted nor held a brush, and now I appreciate these moments a lot that I share with this 'family'."

"... a windfall, a happiness. Thanks to the misfortune of this illness, I thank this illness for introducing me to these activities"

4 CONCLUSION

This study highlights the **positive impact of integrative and complementary oncology approaches** on patient engagement, quality of life, and managing treatment-related side effects. It demonstrates the **potential of personalized supportive care in enhancing the holistic treatment experience of cancer patients.**