

Frequency and Intensity of Physical, Psycho-Spiritual and Financial Distress in Latin American Cancer Patients evaluated in a Supportive Care Center

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Background: Advanced cancer patients experience physical, psychological, existential/spiritual distress and financial distress associated with the disease or treatment. Limited literature regarding these issues among Latin American Cancer patients (LAAAdCa) living in a foreign country.

Methods: Retrospective chart review of a total of 2451 patients seen by the Outpatient Palliative Care Team, from these, 369 (18%) were Latin American, during May 1st, 2019 to December 31st, 2020; 85% of the consults were delivered by Telemedicine. The association with Edmonton Symptom Assessment Scale (ESAS-FS) physical symptoms, Financial Distress (FD), Spiritual Pain (SP), Anxiety and Depression (None=0/10, the worst 10/10 were measured comparing LAAAdCa vs. other ethnicities/race (NLAAdCa)



LAAAdCa Median age was 60 y/o (21-95), vs. 64 y/o (21-97) for NLAAdCa ($p<0.001$), 220/369 (60%) LAAAdCa aged between 35-65 years vs 1086/1821 (52%) NLAAdCa ($p<0.001$).

Female 221/369 (60%) vs. 1139/2082 (55%) ($p=0.065$).



Frequency (%) and Mean intensity (0-10/10, 95%CI) of the LAAAdCa vs. NLAAdCa symptoms were:

Pain [86% vs 85%, 4.86 (0-10) vs 4.48 (0-10), $p<0.026$],

Anxiety [63% vs 67%, 3.07-3.10 (0-10), ($p=0.502$),

Depression [52% vs 56%, 2.34 vs 2.32 (0-10), $p=0.572$],

Spiritual pain [28% vs 26%, 1.18 vs 0.88 (0-10), $p<0.203$],

Financial distress [53% vs 44%, 2.64 vs 1.99 (0-10), $p<0.001$],

Well-Being [84% vs 87%, 4.32 vs 4.24 (0-10), $p=0.712$], respectively.

Conclusions: The vast majority of LAAAdCa were younger and reported moderate to severe physical, psychological and spiritual distressful symptoms, there was not statistical difference with NLAAdCa. There was a significant difference in the presence of Financial Distress among LAAAdCa. The use of ESAS-FS allows identifying AdCa with FD and other symptoms evaluated in a Supportive/Palliative Care Outpatient Clinic. More research is needed to identify factors related to the presence of Financial distress in LAAAdCa and possible interventions.