



Exploring Supportive Care Needs in Cancer Patients Undergoing Chemotherapy: A Multi-Center Cohort Study.

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OBJECTIVE

This study aims to identify the prevalence of supportive care needs among chemotherapy patients, evaluate the impact on QoL, and propose interventions for optimizing supportive care delivery.

INTRODUCTION

Supportive care is critical for improving the quality of life (QoL) and treatment outcomes for cancer patients undergoing chemotherapy. Despite advancements in oncology, gaps remain in addressing unmet supportive care needs, particularly in low-resource settings.

RESULTS

Among participants, 72% reported moderate to severe physical symptoms, including nausea (56%) and fatigue (68%), significantly impacting QoL ($p < 0.01$). Psychosocial distress was reported in 48% of patients, with a higher prevalence among younger patients ($p < 0.05$). Multivariate analysis revealed that early identification and management of symptoms improved treatment adherence (OR = 1.8, CI 1.2–2.7).

Table 2: Treatment Adherence Based on Supportive Care Interventions					
Intervention	Adherence Rate (%)	p-value			
Symptom Management Plan	78%	<0.01			
Psychological Counseling	72%	<0.05			
Nutritional Support	70%	<0.05			
Standard Care Only	56%	-			

METHODS AND MATERIALS

A multi-center cohort study was conducted across five oncology centers, enrolling 500 adult patients undergoing chemotherapy. Data were collected through validated patient-reported outcomes (PRO) tools, including the MASCC Antiemesis Tool (MAT) and the EORTC QLQ-C30. Descriptive and inferential statistics were employed to analyze the relationships between patient needs, QoL, and clinical outcomes.

Table 1: Patient Demographics and Baseline Characteristics

Variable	n (%) or Mean \pm SD		
Total Patients (n)	500		
Age (years)	52.4 \pm 12.8		
Gender			
- Male	220 (44%)		
- Female	280 (56%)		
Cancer Type			
- Breast Cancer	150 (30%)		
- Lung Cancer	120 (24%)		
- Colorectal Cancer	90 (18%)		
- Other	140 (28%)		
Stage of Cancer			
- Early-Stage (I-II)	200 (40%)		

CONCLUSIONS

This study underscores the importance of integrating comprehensive supportive care into routine oncology practice, particularly for managing chemotherapy-induced symptoms and psychosocial challenges. The findings highlight the need for tailored interventions and capacity building in supportive care, with implications for MASCC/ISOO 2025 guidelines on global supportive care standards

REFERENCES

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