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## INTRODUCTION

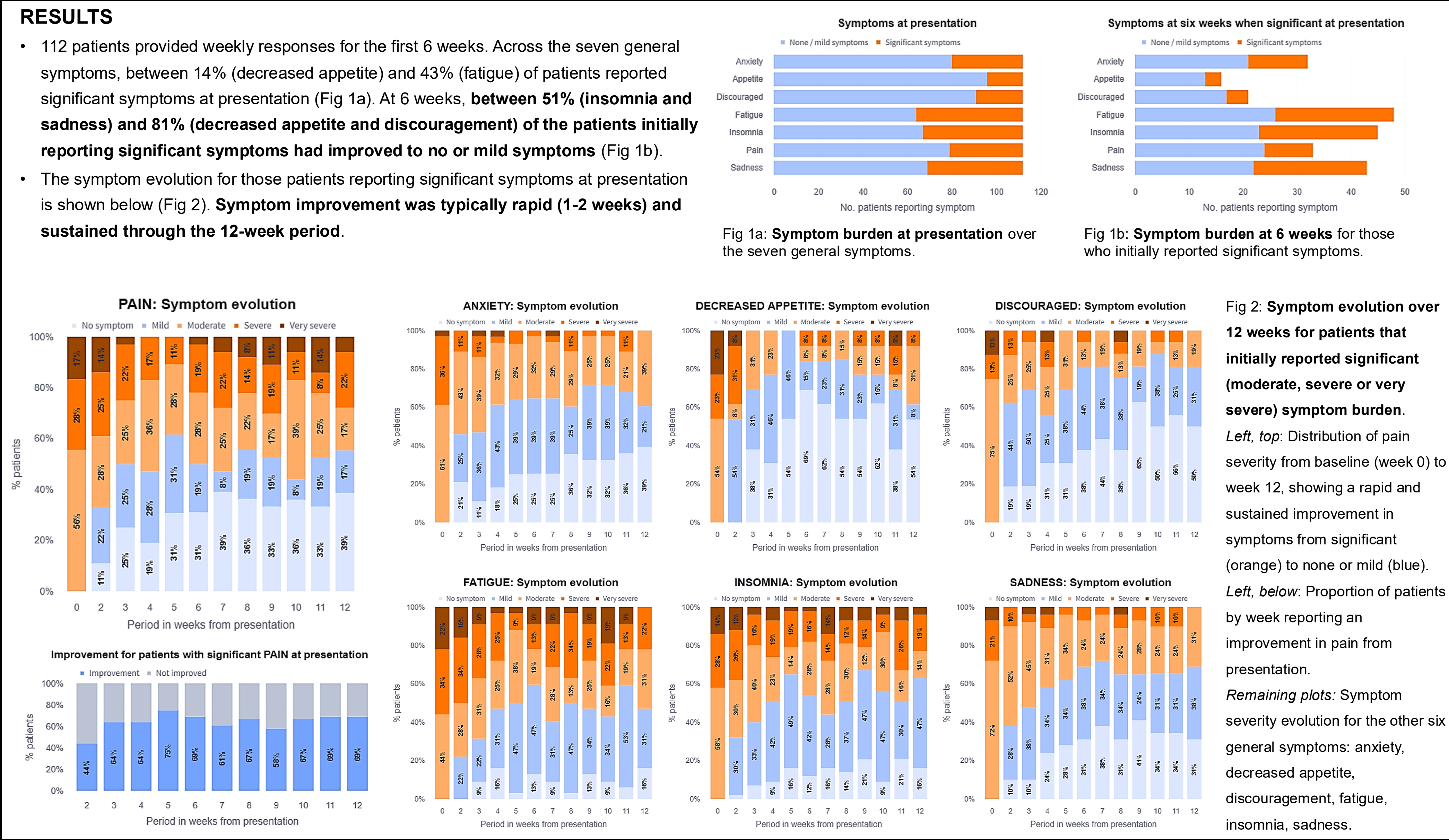
- Many advanced cancer patients suffer from significant general symptoms at presentation. General symptoms associated with deteriorating health are predominant rather than local / cancer-specific symptoms<sup>1, 2</sup>.
- The use of patient-reported outcomes (PROs) is associated with improvement in health-related quality of life at 12 weeks<sup>3</sup>, but data on the effect of early supportive care on symptom evolution are scarce<sup>4</sup>, including the limited application of electronic PROs (ePROs) to assess symptom baseline and evolution.
- In Tumor Zentrum Aarau (TZA), all German-speaking advanced cancer patients are offered **ePRO monitoring at presentation and during treatment** using ePRO questionnaires distributed by KAIKU Health, and over 90% participate.
- TZA staff screen responses to enable **targeted intervention**, including specialist palliative care multiprofessional consultations, nurse-led clinics, psycho-oncology, nutritional advice, physiotherapy etc.
- We have **previously observed a substantial improvement in symptom burden** over the initial 12-week period of first line palliative chemotherapy / immunotherapy for those patients reporting moderate to very severe general symptoms (pain, fatigue, insomnia, anxiety, sadness, discouragement, loss of appetite) at presentation.

## METHODS

- We **retrospectively analysed ePRO data for 143 advanced cancer patients** (87 female, 100 aged 60+ years, 18,252 symptom responses) who commenced first line palliative chemotherapy / immunotherapy between January 2021 and September 2024. Patient responses were followed for 12 weeks from baseline.
- Seven general symptoms (anxiety, decreased appetite, discouragement, fatigue, insomnia, pain, sadness) were assessed.** For each symptom, those patients reporting significant (moderate, severe or very severe) symptom presence at presentation were assessed for symptom evolution during first line palliative therapy.

## REFERENCES

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## CONCLUSIONS

- Screening for symptoms using standard ePROs and appropriate intervention can rapidly improve general symptom burden and reduce suffering** in advanced cancer patients starting palliative therapies.
- Further studies to assess the evolution of symptoms in patients reporting no or mild symptoms at presentation and the timing and type of intervention(s) provided would be valuable to address currently sparse data on the effect of early supportive care.