

# Expert Consensus on Principles of Care for the Optimal Management of Systemic Anticancer Therapy-Induced Nausea and Vomiting in the United Kingdom

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## Introduction

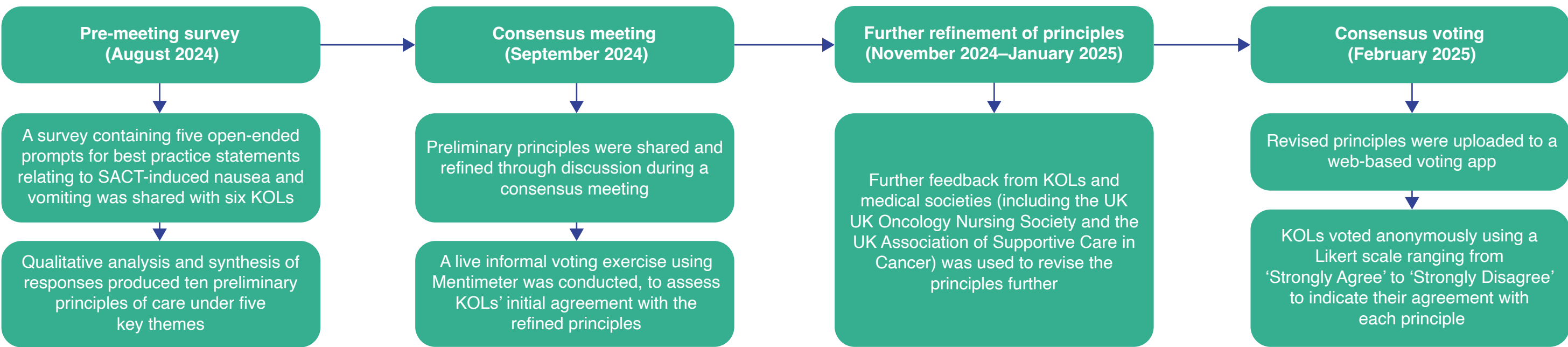
- Effective management of systemic anticancer therapy (SACT)-induced nausea and vomiting is critical for maintaining patients' quality of life and maximizing treatment effectiveness.
- While numerous guidelines for treating this adverse event exist,<sup>1</sup> management is inconsistent across the UK, with a UK audit revealing significant variation in management practices between centers.<sup>2</sup>
- Through a consensus meeting and voting exercise with UK-based key opinion leaders (KOLs), this study developed principles of care for the optimal management of SACT-induced nausea and vomiting.

## Methods

- Six multidisciplinary KOLs participated in this study, which comprised 4 key stages (please see **Figure 1**).
- A pre-meeting survey generated insights on best practices when managing SACT-induced nausea and vomiting, which were synthesized into preliminary principles of care.
- The preliminary principles were discussed and voted upon in a consensus meeting.
- Principles were revised through post-meeting KOL and multidisciplinary medical society feedback.
- Finally, anonymous voting on the updated principles of care was conducted using a web-based survey application, with consensus defined as ≥75% of KOLs selecting 'Agree/Strongly Agree' or 'Disagree/Strongly Disagree'.

Figure 1

### Project Stages



**HCP:** healthcare professional; **KOL:** key opinion leader; **SACT:** systemic anti-cancer therapy.

**References:** **1.** Gupta K., et al. Chemotherapy-Induced Nausea and Vomiting: Pathogenesis, Recommendations, and New Trends. Cancer Treatment and Research Communications 2021;26:100278; **2.** Martin D., Sladkowski M., UK Wide Audit of Antiemetic Dexamethasone Dosing Given Alongside Highly Emetogenic Chemotherapy [Poster]. British Oncology Pharmacy Association Conference 2024, Birmingham.

**Author Contributions:** Substantial contributions to study conception/design, or acquisition/analysis/interpretation of data: **ET, MS, KH, OW, SFG, AW, JM, SL** and **OAA**; drafting the poster, or reviewing it critically for important intellectual content: **ET, MS, KH, OW, SFG, AW, JM, SL** and **OAA**; final approval of the poster to be presented at MASCC/ISOO 2025: **ET, MS, KH, OW, SFG, AW, JM, SL** and **OAA**.

## Results

- Qualitative analysis of the pre-meeting survey results produced ten preliminary principles across five themes: '**Risk Assessment**', '**Treatment Optimization**', '**Symptom Tracking and Treatment Adjustment**', '**Patient Education and Resources**', and '**Healthcare Professional (HCP) Education**'.
- During the consensus meeting, six of the ten principles achieved 100% consensus.
- Post-meeting revisions included the clarification of 'systemic' anticancer therapy, and addition of 'anticipatory' SACT-induced nausea and vomiting to HCP Education principles.
- Agreement was obtained on ten revised principles following anonymous consensus voting and feedback, including seven with 100% agreement, and three with increased agreement since the consensus meeting (**Figure 2**).

## Conclusions

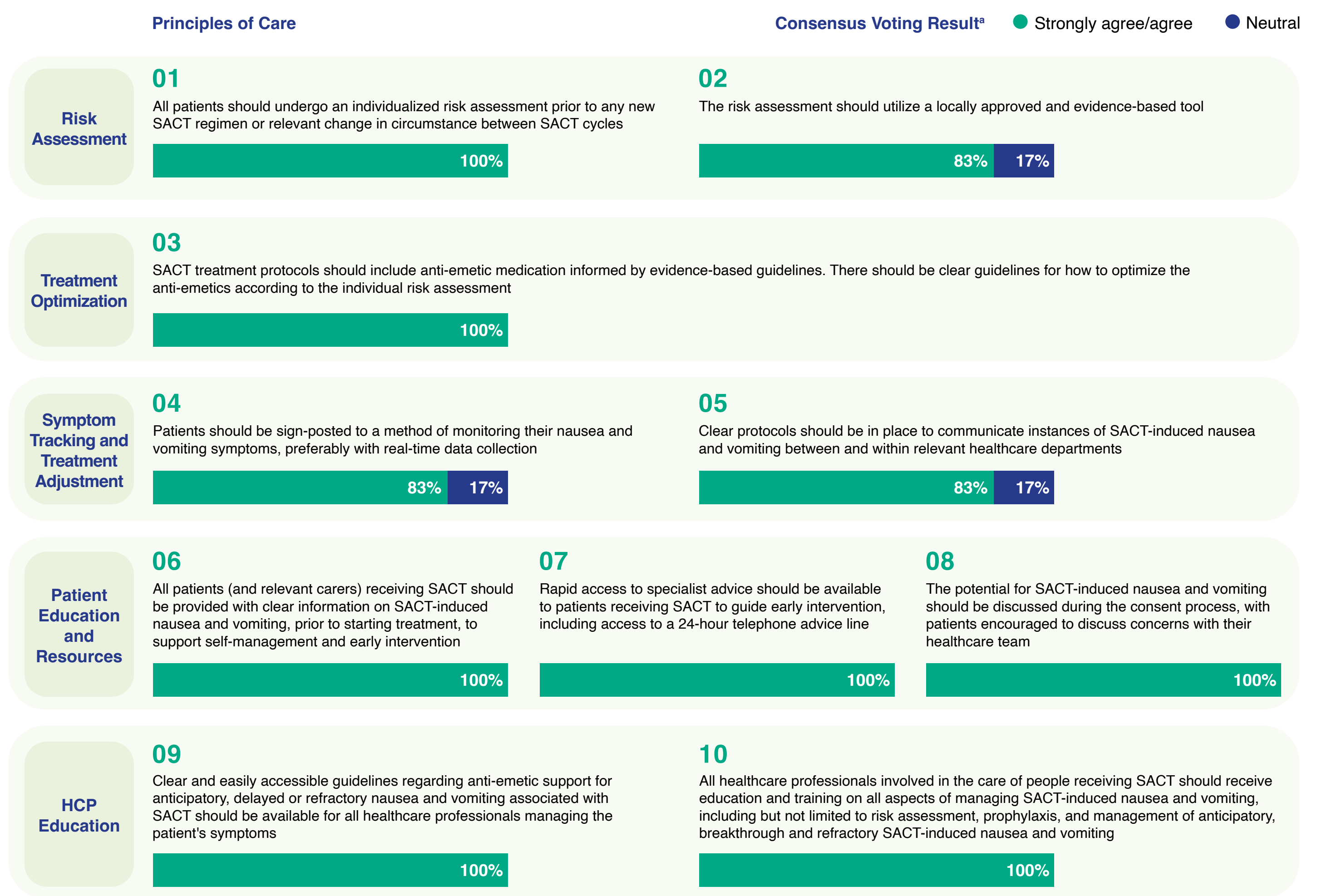
**GONE stakeholders developed principles of care to address inconsistencies in the management of SACT-induced nausea and vomiting across the UK.**

**It is recommended that the finalized principles of care are used to promote optimal management of SACT-induced nausea and vomiting and to improve consistency in center policies.**

**Future research should investigate the application and impact of these principles through regular practice audits.**

Figure 2

### Finalized Principles of Care for the Optimal Management of SACT-Induced Nausea and Vomiting



\*Consensus set at ≥75% of KOLs (N=6) responding with either 'strongly agree/agree' for agreement, or 'strongly disagree/disagree' for disagreement.

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