



2019

21-23 JUNE

SAN FRANCISCO

SUPPORTIVE CARE
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CANCER CARE POSSIBLE

Implementing Psychosocial and Integrative Therapies for Cancer-Related Fatigue

MASCC/ISOO

Annual Meeting on Supportive Care in Cancer

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MASCC
Multinational Association
of Supportive Care in Cancer

ISOO
INTERNATIONAL SOCIETY
OF ORAL ONCOLOGY



#MASCC19

Conflict of Interest Disclosure

Dr. Karen Mustian, PhD, MPH.

- No conflicts to declare



Clinical Question

- What are the optimal effective treatments for cancer-related fatigue experienced by adult cancer patients while receiving and after completing treatment?



Definition of Cancer-Related Fatigue

- Cancer-related fatigue (CRF) is a distressing, overwhelming, multidimensional sense of physical and/or mental tiredness.
- CRF is characterized by exhaustion associated with cancer and/or its treatments.
- CRF is not proportional to recent physical or mental activity, and cannot be alleviated by simple rest or sleep alone.



Defined Levels of Evidence

- Level I

- at least 2 well-designed and highly powered RCTs
- appropriate specific component/mechanism of action control condition for comparison
- fatigue is a primary outcome

- Level II

- at least 2 well-designed and highly powered RCTs
- appropriate specific component/mechanism of action control condition for comparison
- fatigue is a secondary outcome



Defined Levels of Evidence

- Level III

- at least 2 well-designed RCTs
- standard or usual care control condition with no specific component/mechanism of action controlled for in the comparison arm
- fatigue is a primary or secondary outcome

- Level IV

- at least 2 smaller, preliminary, well-designed experimental or quasi-experimental studies
- standard or usual care control condition or a specific component/mechanism of action control condition
- fatigue is a primary or secondary outcome
- data is considered unclassified, emerging treatment, preliminary in nature



Defined Criteria for Recommendations

- Recommended
 - Reserved for guidelines based on Level I and Level II evidence
- Reasonable to Suggest
 - Reserved for guidelines based on Level III evidence
- No Guideline Possible
 - Reserved for Level IV evidence
 - When little or no evidence is available
 - When the committee lacks consensus on interpretation of existing evidence



Screening

- All healthcare providers should routinely screen for the presence of fatigue from the point of diagnosis throughout the entire cancer trajectory into survivorship.
- Screening should be performed at regular intervals including initial visits and at appropriate follow up intervals (e.g., daily among inpatients, ambulatory clinic visits, self-monitoring at home).



Screening

- Screening should be done with reliable patient-reported measures that assess the presence and severity of fatigue and possess accepted and valid cut-points for determining the need for further evaluation.



Comprehensive Evaluation

- Focused fatigue history
- Disease status
- Treatable contributing factors
- Laboratory evaluation
- Other diagnostic testing



Treatment Guidelines

- Address all treatable medical and psychosocial factors such as
 - Thyroid disease
 - Anemia
 - Pain
 - Nutritional deficiency
 - Adverse medication effects
 - Others



Psychosocial Recommendations for Treating Cancer-Related Fatigue

- Level I – None
- Level II – None
- Level III –
 - Cognitive Behavioral Therapy (13 RCTs)
 - Imagery (3 RCTs)
- Level IV –
 - Psychoeducational Programs (7 RCTs)
 - Individual Counseling (4 RCTs)
 - Energy Conservation (2 RCTs)



Integrative Recommendations for Treating Cancer-Related Fatigue

- Level I – None
- Level II – None
 - Accupressure (6 RCTs)
- Level III –
 - Accupuncture (9 RCTs)
 - Massage (6 RCTs)
 - Hypnosis (5 RCTs)

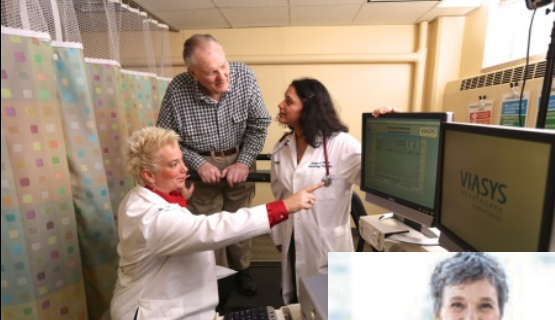


Integrative Recommendations for Treating Cancer-Related Fatigue

- Level IV – Emerging
 - Energy Therapies (8 RCTs)
 - Relaxation Therapy (5 RCTs)
 - Music Therapy (3 RCTs)
 - Aromatherapy (1 RCTs)
 - Light Therapy (1 RCT)
 - Laughter Therapy (1 RCT)



Wilmot Cancer Institute Integrative Oncology Center



Questions ???



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