Efficacy of an eHealth self-management application 'Oncokompas' among cancer survivors – results of a randomized controlled trial

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Conflict of Interest Disclosure

Anja van der Hout, MSc

Has no real or apparent

conflicts of interest to report.

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Background

- Supportive care is cancer is effective, but referral rates are low, and many patients have unmet needs

- Self-management strategies are beneficial in terms of patient activation and self-efficacy

- There is growing interest in eHealth as a means to improve self-management in patients with chronic diseases

- eHealth can be used at any time and place, and information can be tailored to preferences and needs
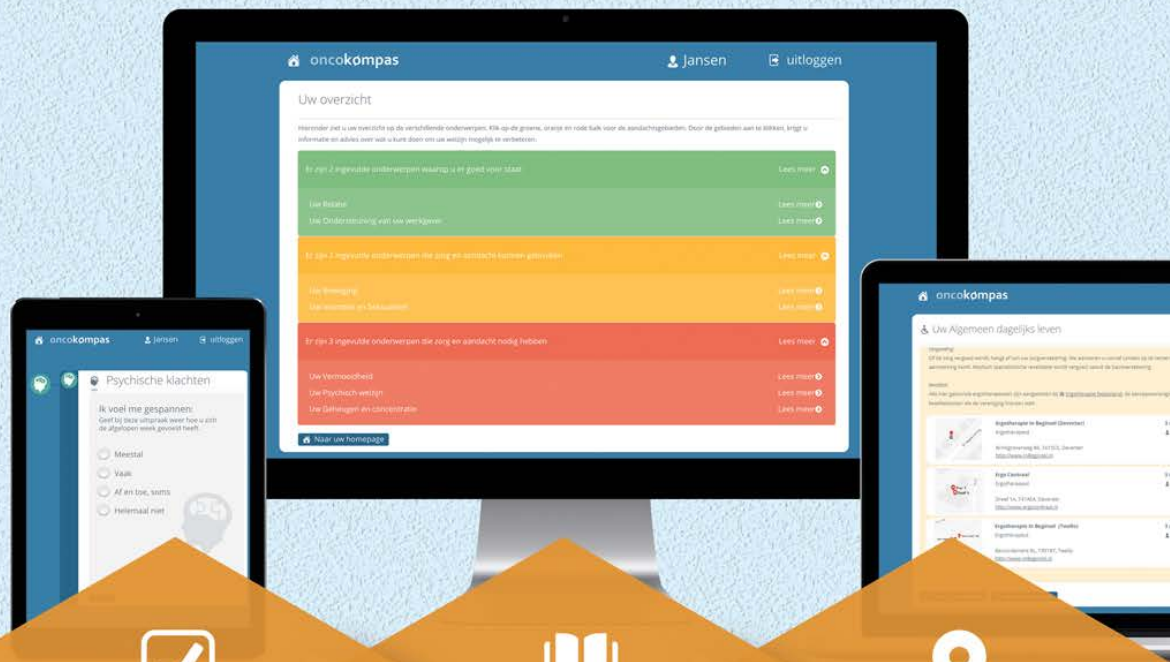
Oncokompas

- Supports cancer survivors to obtain optimal supportive care

- 5 generic domains
  - Physical, psychological and social quality of life, lifestyle, existential questions

- Tumor-specific modules
  - Head and neck cancer, colorectal cancer, breast cancer, lymphoma

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Measure

The smart algorithm of Oncokompas measures how you are doing on each topic. The system automatically asks the right questions, based on your personal situation.

Learn

Oncokompas calculates your score (red, yellow or green) on each of the different topics. It then provides insights, tips, and advice, to deal with problem areas.

Act

For each score and topic, Oncokompas provides options for (online) supportive care near you. These options are extracted from the national database on supportive cancer care.

Aim

To assess the efficacy of Oncokompas among cancer survivors compared to care as usual

Methods

- Randomized controlled trial (RCT)
  - Intervention group (access to Oncokompas)
  - Wait-list control group (access to Oncokompas after 6 months)

- Inclusion criteria
  - Cancer survivors diagnosed with head and neck cancer, colorectal cancer, breast cancer, or lymphoma
  - Treated with curative intent 3 months to 5 years ago

- Exclusion criteria
  - No access to Internet or no email address

- Assessments
 - Baseline, post-intervention, 3- and 6-months follow-up

Methods

- Primary outcome measure
  - Patient activation

- Secondary outcome measures
  - HRQOL, adjustment to cancer, supportive care needs, self-efficacy, personal control, patient-physician interaction, tumor-specific symptoms

- Statistical analyses
  - Linear mixed-effect models to compare longitudinal changes in outcome measures over time
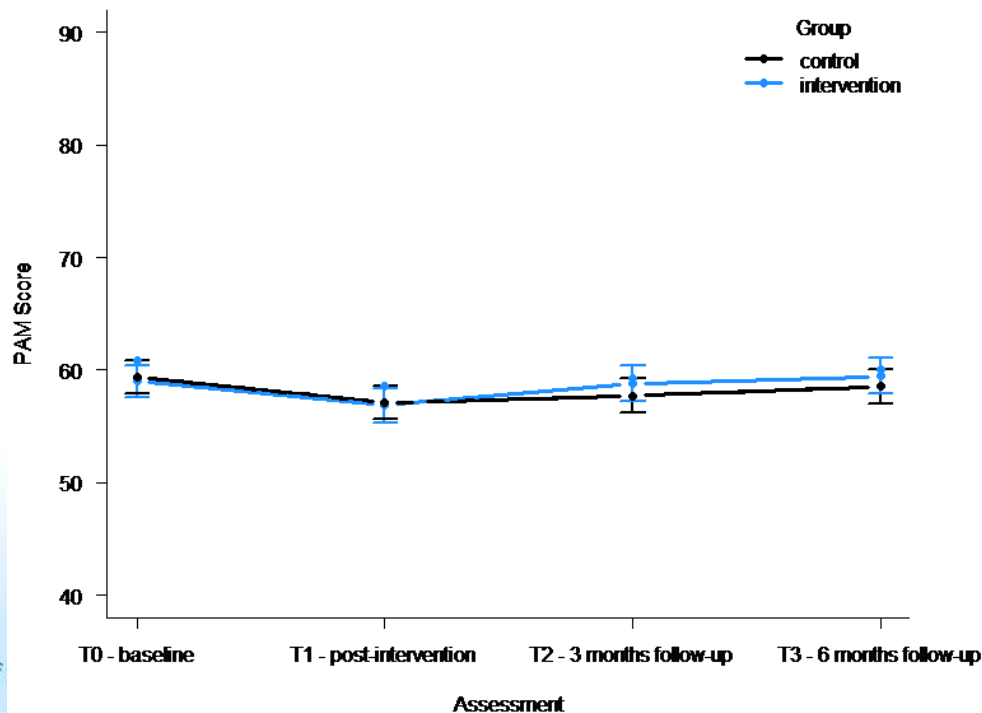 - Intention-to-treat principles

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Results – Flow chart
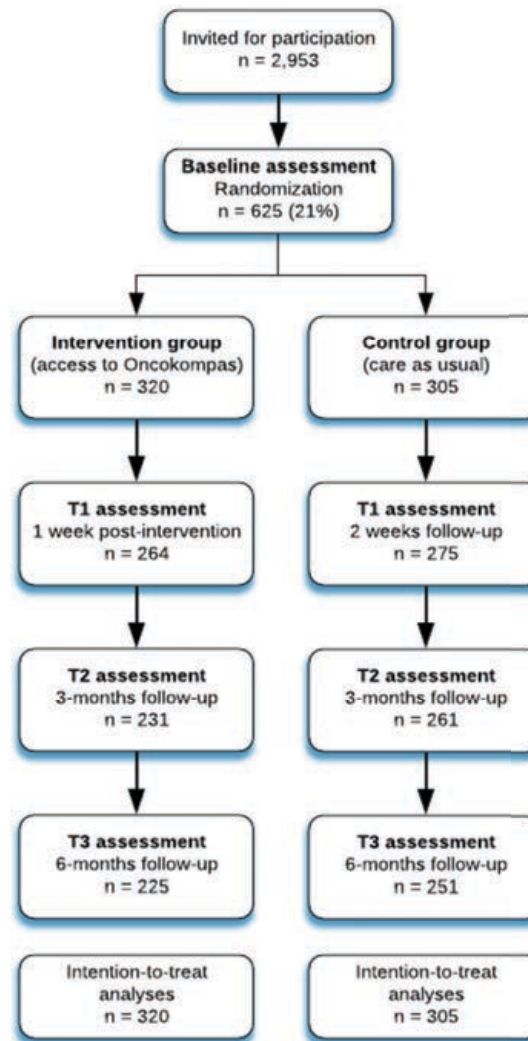
Results – Primary outcome

- Patient activation: Patient Activation Measure

Results – Secondary outcomes

- HRQOL: EORTC QLQ-C30 Summary score
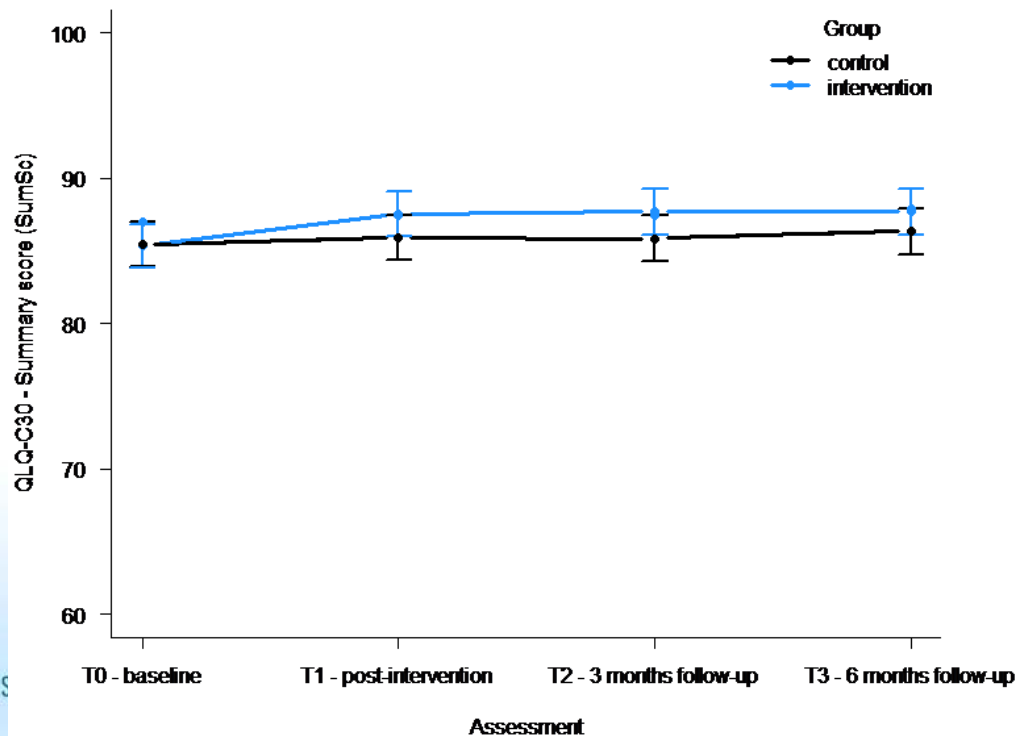
Results – Secondary outcomes

- Tumor-specific symptoms

  - Head and neck cancer (n = 185)
    - QLQ-H&N43: oral pain, coughing, social eating, swallowing, trismus

  - Colorectal cancer (n = 152)
    - QLQ-CR29: worries about weight

  - Lymphoma (n = 150)
    - QLQ-NHL-HG29: emotional impact

  - Breast cancer (n = 138)
    - QLQ-BR23: no effects

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Results – Secondary outcomes

- EORTC QLQ-H&N43 - Trismus
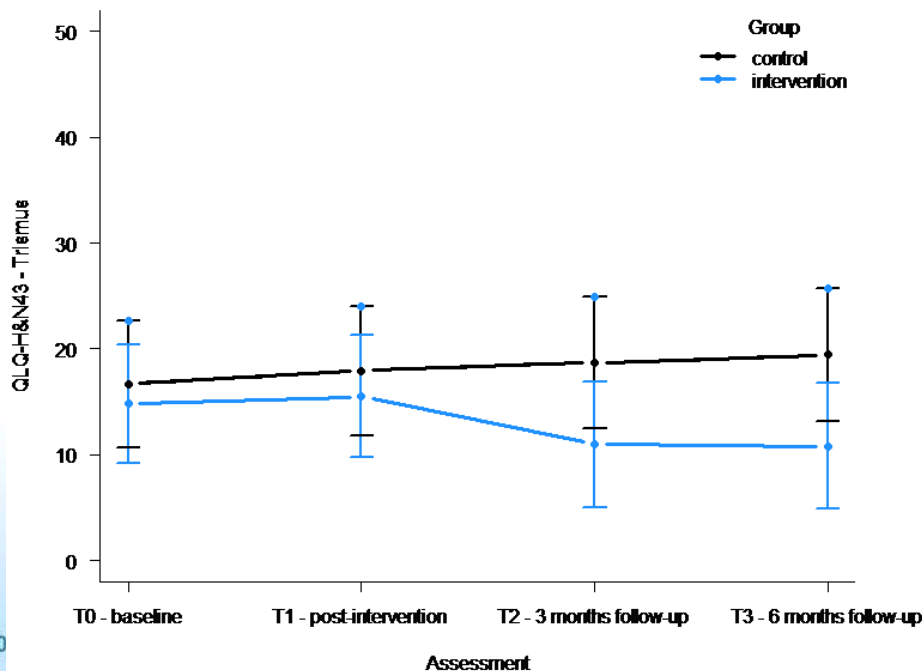
Discussion

- Oncokompas has no effect on patient activation

- Oncokompas seems effective for cancer survivors to improve HRQOL and tumor-specific symptoms

- Most effects found in HNC, CRC and NHL/HL, but no effects in BRC survivors

- Oncokompas is expected to be beneficial in routine supportive cancer care for cancer survivors

Questions?

Thank you for your attention

Contact

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