

Facing Fatigue—A New Priority in Cancer Management

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ASTRA ZENECA

Impact of Anemia in Patients With Cancer

- **Fatigue**
- **Shortness of breath**
- **Lack of energy to perform daily functions;
↓ QOL**
- **Complicates coexisting disease**
- **Associated with poor prognosis and increased mortality**
- **May compromise efficacy and tolerability of treatment**

Fatigue

- **Rapidly becoming chief complaint of many cancer patients**
- **Chronic symptom that significantly diminishes patients' QOL**
- **Anemia that underlies cancer fatigue largely goes undiagnosed and under-treated, even though there is effective therapy in the form of epoetin alfa**

The Fatigue Coalition

■ Multidisciplinary group

- oncology
- HIV
- neurology
- psychometrics
- psychiatry
- patient advocacy

■ Mission

- study importance of fatigue to cancer patients and their caregivers
- develop guidelines for diagnosis and treatment of fatigue

Fatigue Surveys

Fatigue 1

- Objective: determine oncologists' and patients' perceptions on impact of fatigue
- 419 patients (phone interview)
- 200 caregivers (phone interview)
- 197 oncologists (questionnaire)
- Duration of fatigue not evaluated

Fatigue 2

- Objective: confirm incidence of fatigue; assess emotional, social, physical, economic impact on cancer patients
- 379 patients (phone interview)
- Oncologists and caregivers not surveyed
- Duration of fatigue examined

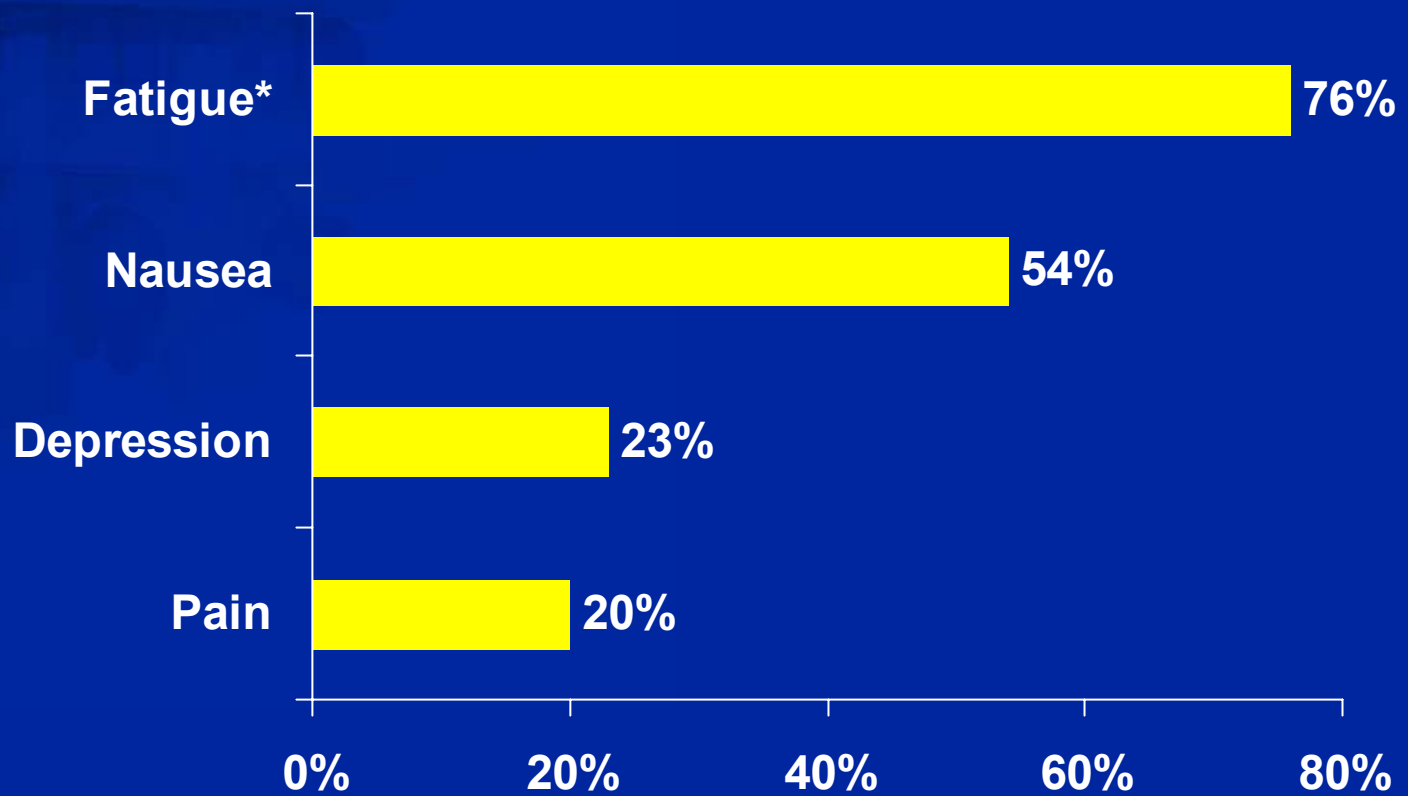
Fatigue 1—Perceptions of Fatigue

- 53% of patients experienced fatigue daily or on most days
- 61% of patients were more affected by fatigue than by pain
- Caregivers rated prevalence and impact of fatigue more highly than patients

BUT

- 61% of oncologists perceived pain as more disruptive than fatigue

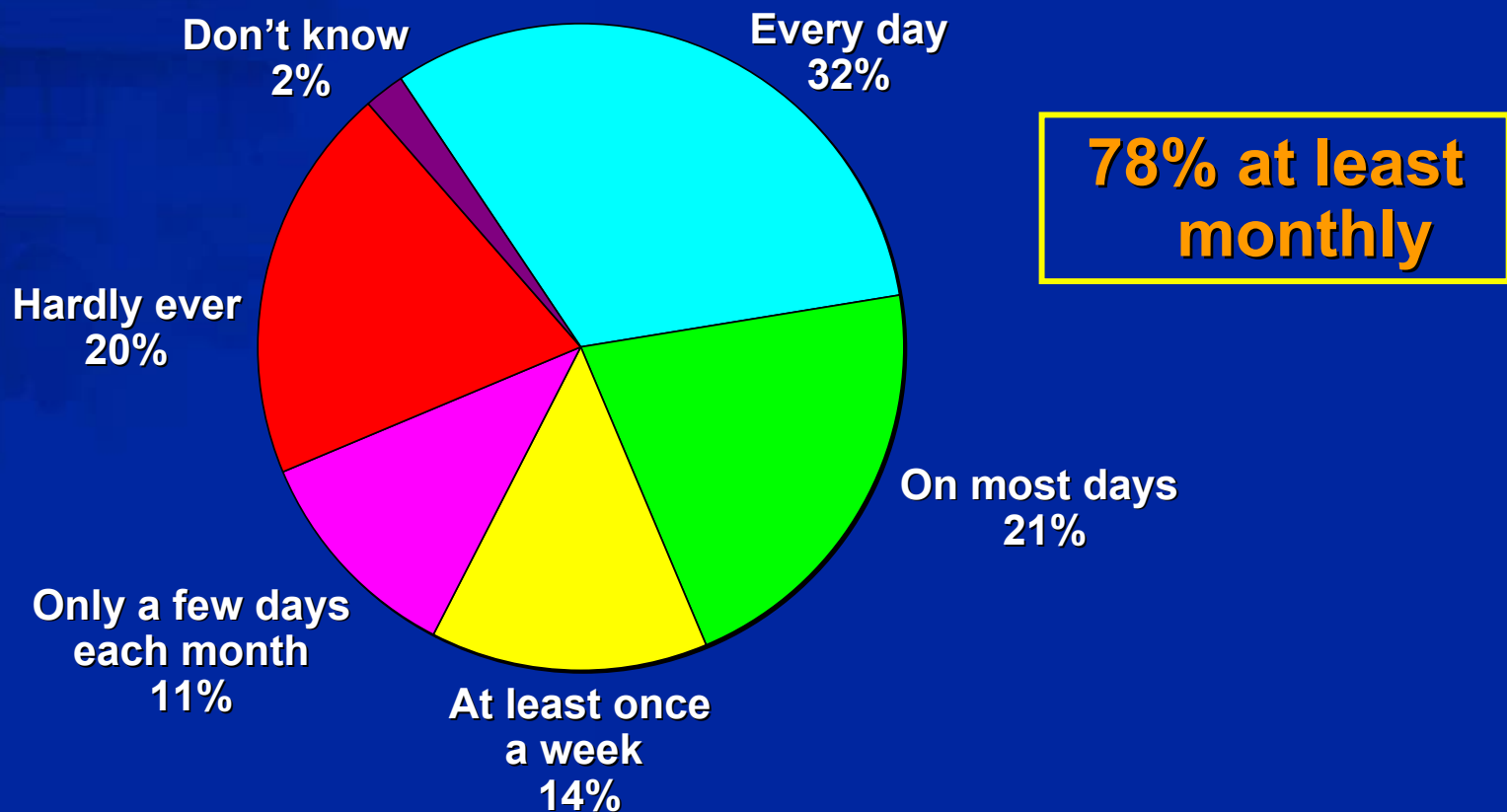
Fatigue 1—Symptoms Experienced During Most Recent Chemotherapy



*Base: chemotherapy patients (n = 379)

†Base: chemotherapy patients who experienced fatigue (n = 301)

Fatigue 1— Frequency of Fatigue in Previous Month or During Therapy



Base: Chemotherapy and/or radiotherapy patients (n = 419)

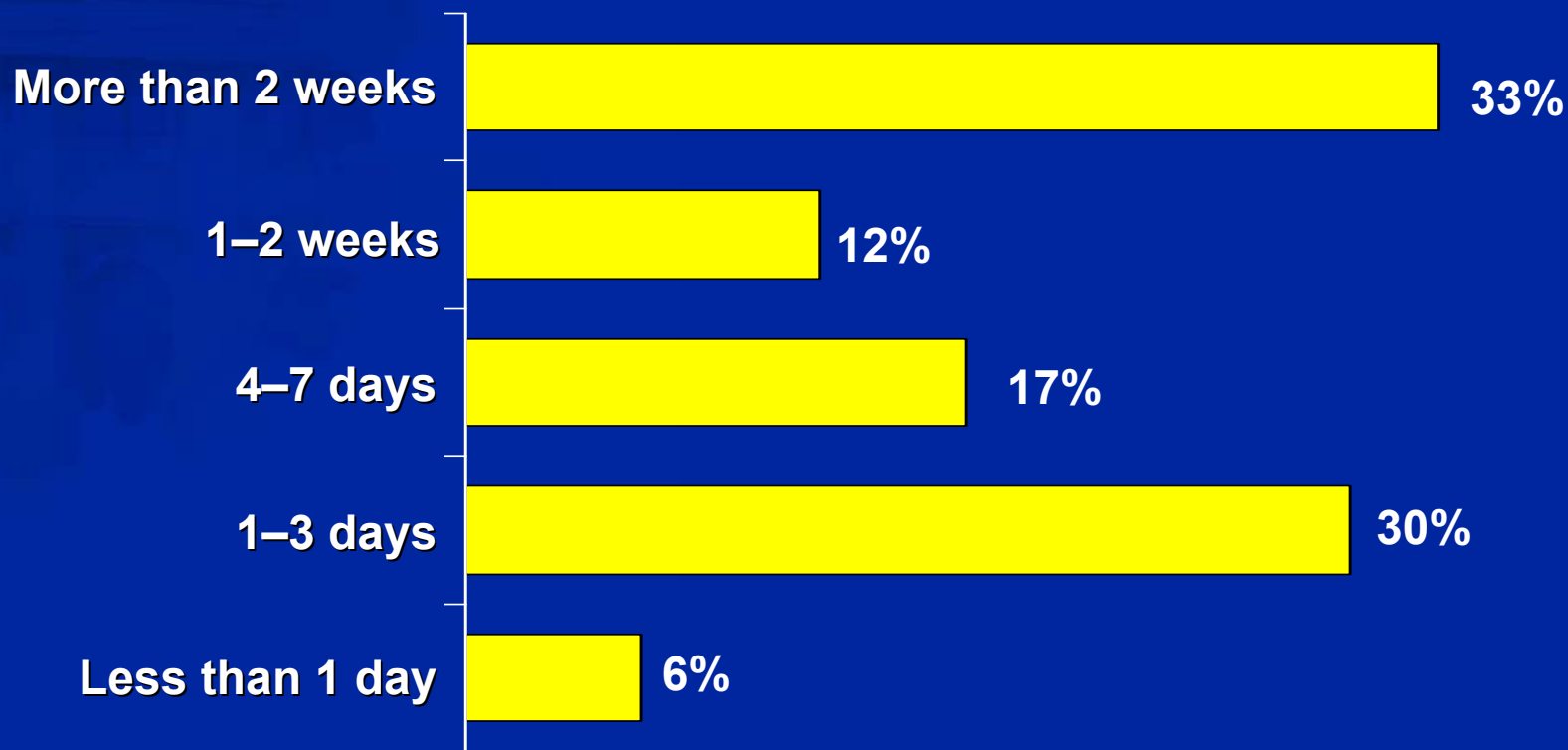
Vogelzang, Sem Hematol (1997)

Fatigue 1—Impact on Everyday Life



Base: Chemotherapy and/or radiotherapy patients (*n* = 419) *Vogelzang, Sem Hematol (1997)*

Fatigue 1—Duration of Fatigue Following Chemotherapy



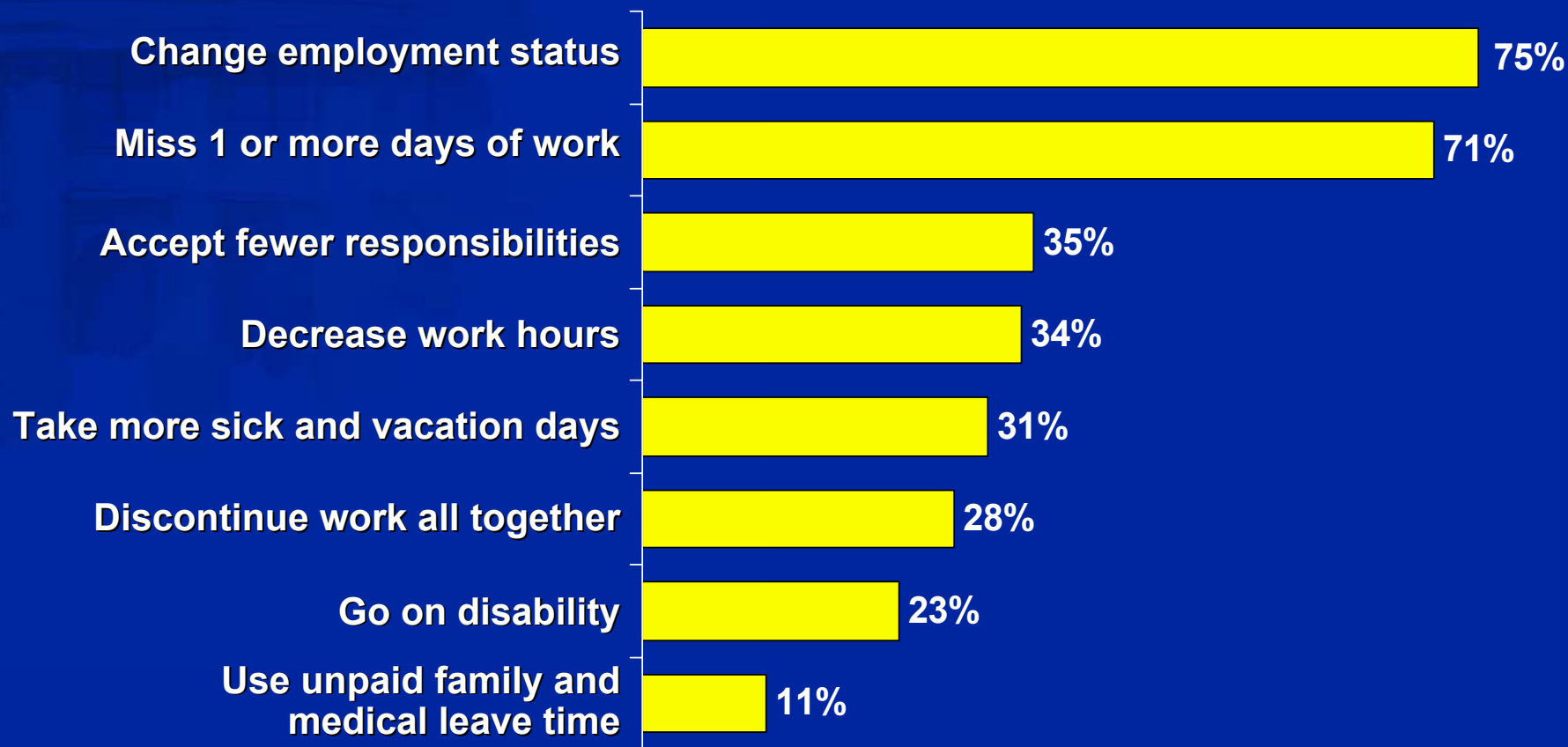
Reduced base: chemotherapy patients who experience fatigue
(*n* = 289; *n* reflects 2% of patients that responded “don’t know”)

Fatigue 2 Survey

■ End points

- quantify prevalence and duration of fatigue
- define what fatigue means to patients
- assess physical, emotional, economic, and mental consequences
- establish how physicians can be more sensitive to fatigue sufferers

Fatigue 2—Impact on Employment Status



Base: Patients working at time of diagnosis (n = 177)

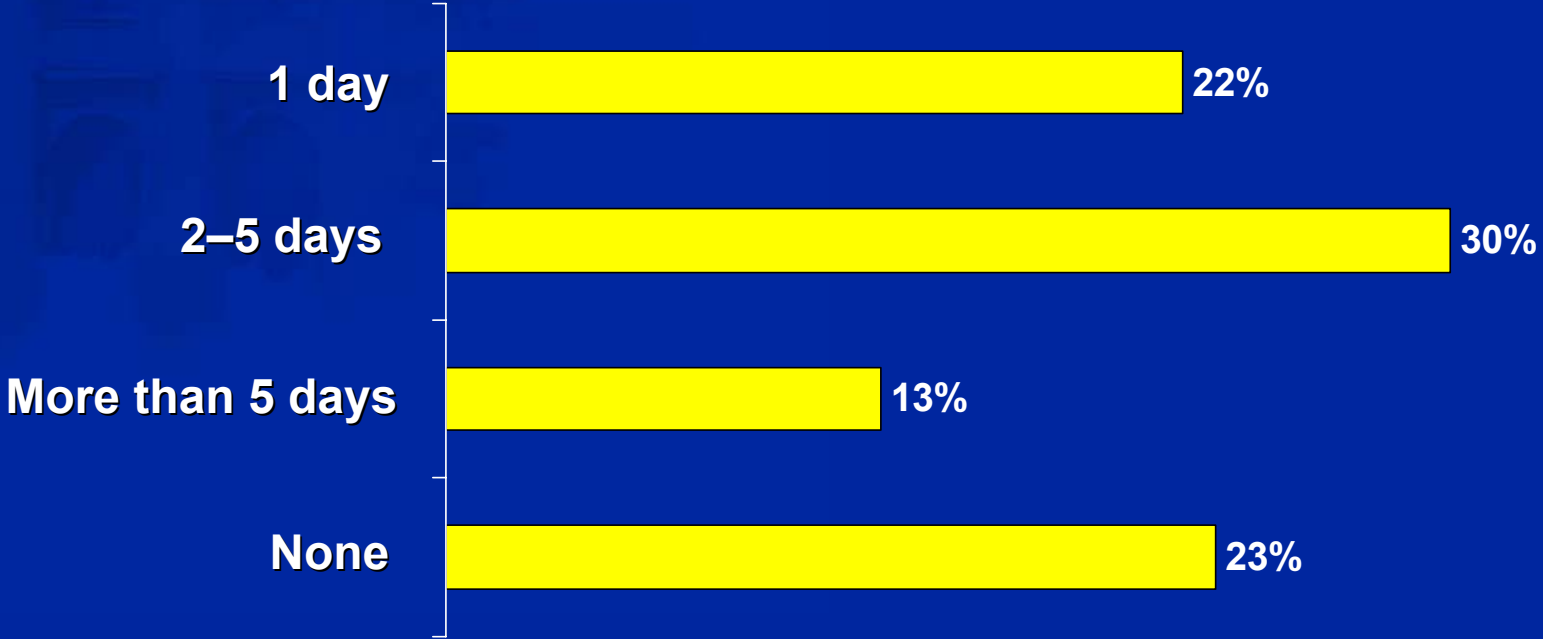
Fatigue 2—Importance of Major Symptoms Associated With Chemotherapy

Side effect/ symptom	Experienced during most recent treatment	Duration		Impact on daily activities	
		Rank	Ranked first	Rank	Ranked first
Fatigue	76%*	1	54%	1	60%
Nausea	54%	2	27%	2	22%
Depression	23%	3	12%	3	10%
Pain	20%	4	6%	4	6%

**n* = 379

Fatigue 2—Economic/Occupational Effects of Fatigue on Caregivers

Sick/vacation days used in a typical month



Mean = 4.5 days

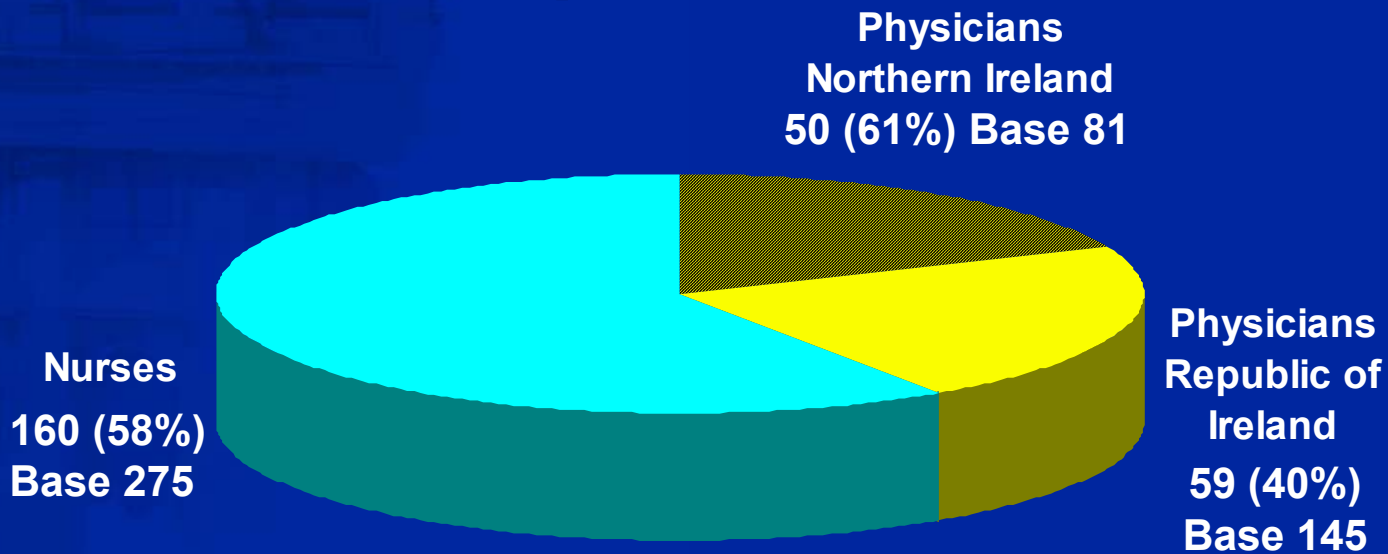
Base: Patients who experience(d) fatigue (n = 301)

All Ireland Fatigue Coalition— Survey Objectives

- To gain appreciation of the nature of patients' fatigue
- To explore impact fatigue has on patients' lives
- To determine physicians' and nurses' perceptions of fatigue in cancer patients
- To convey current level of management of fatigue

Note: Interim data are presented

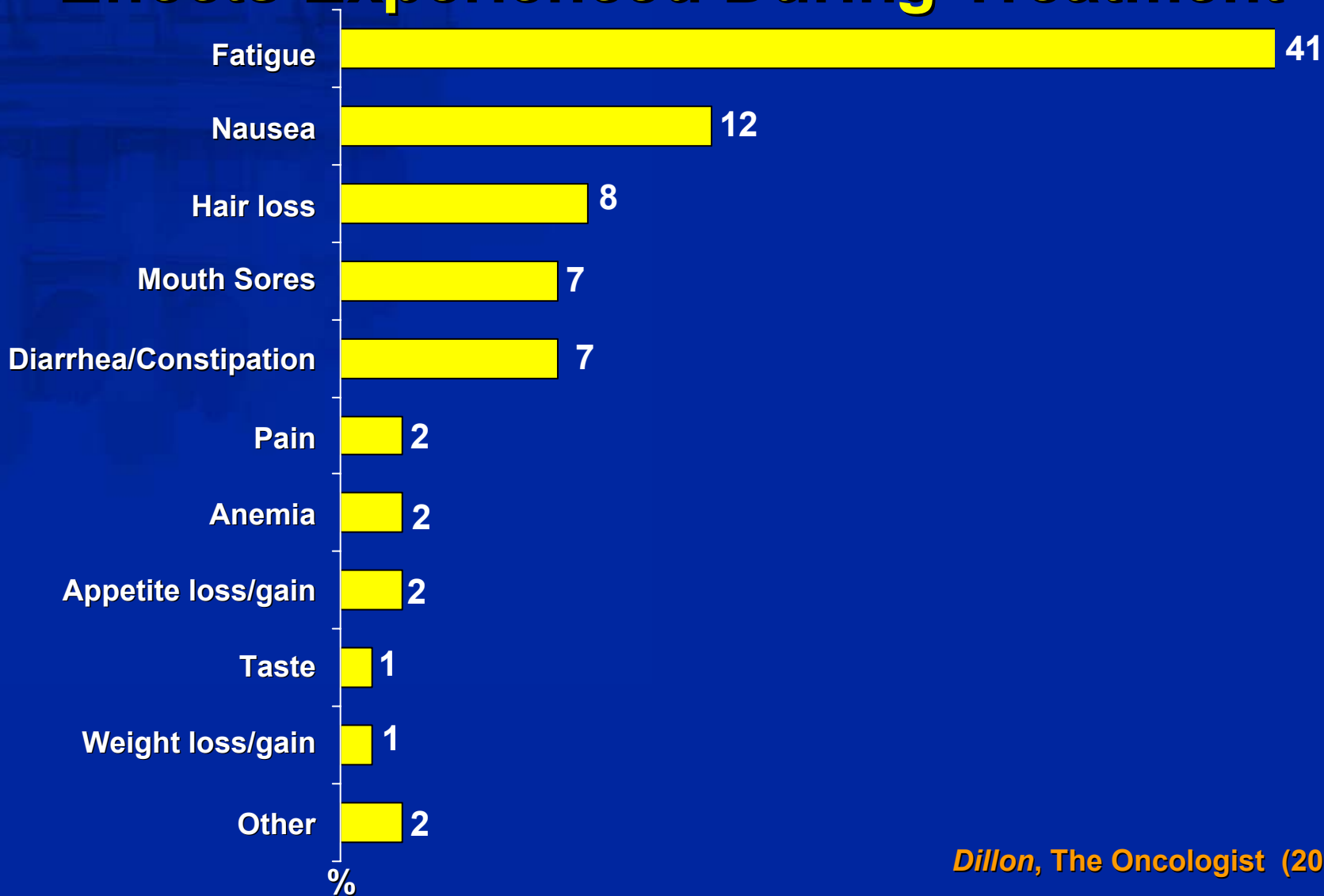
All Ireland Fatigue Coalition—Final Response Rate



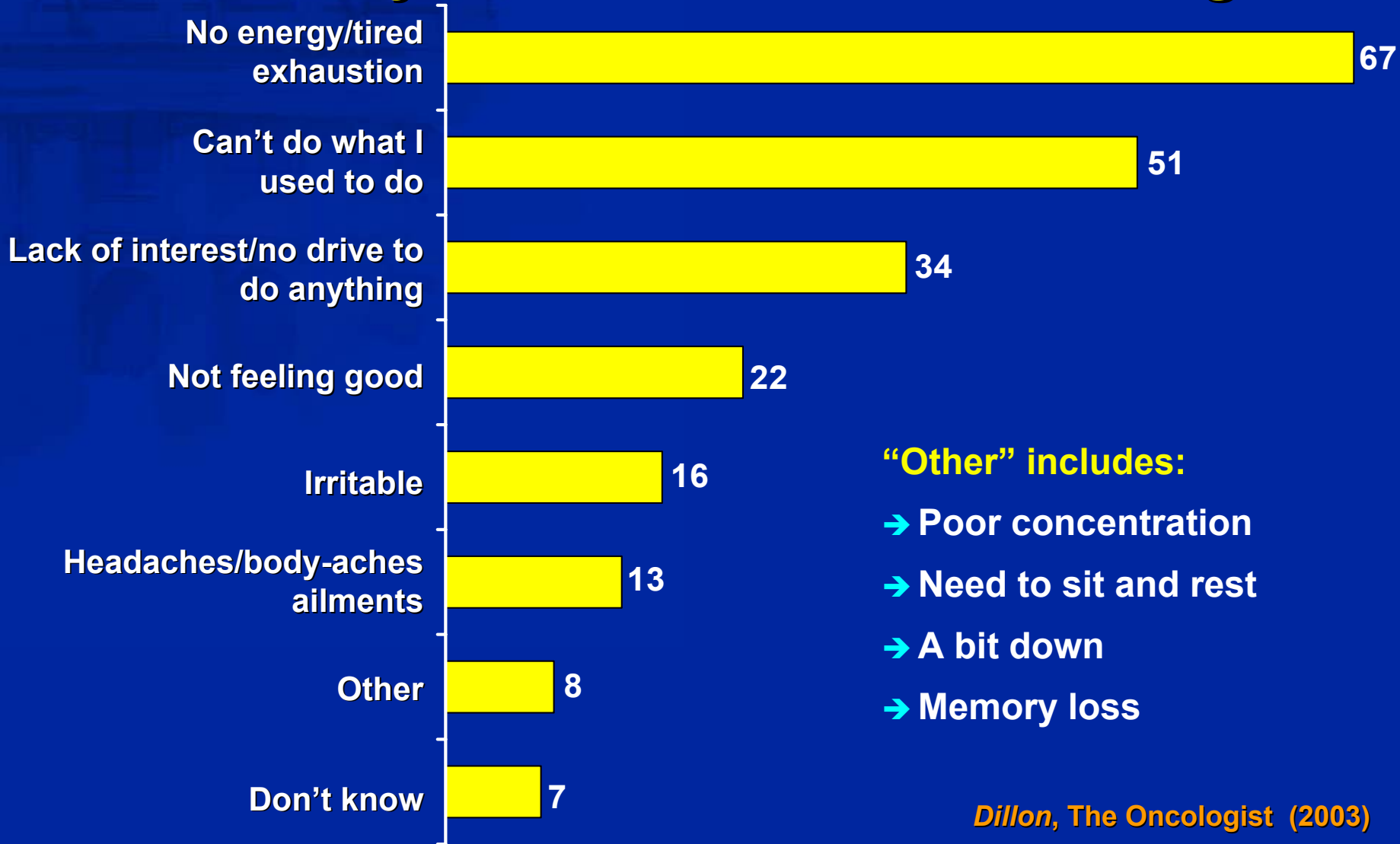
Physicians by specialty

Hematologists	37%
Medical/clinical oncologists and radiotherapists	48%
Palliative care physicians	100%
Oncology-related surgeons	61%

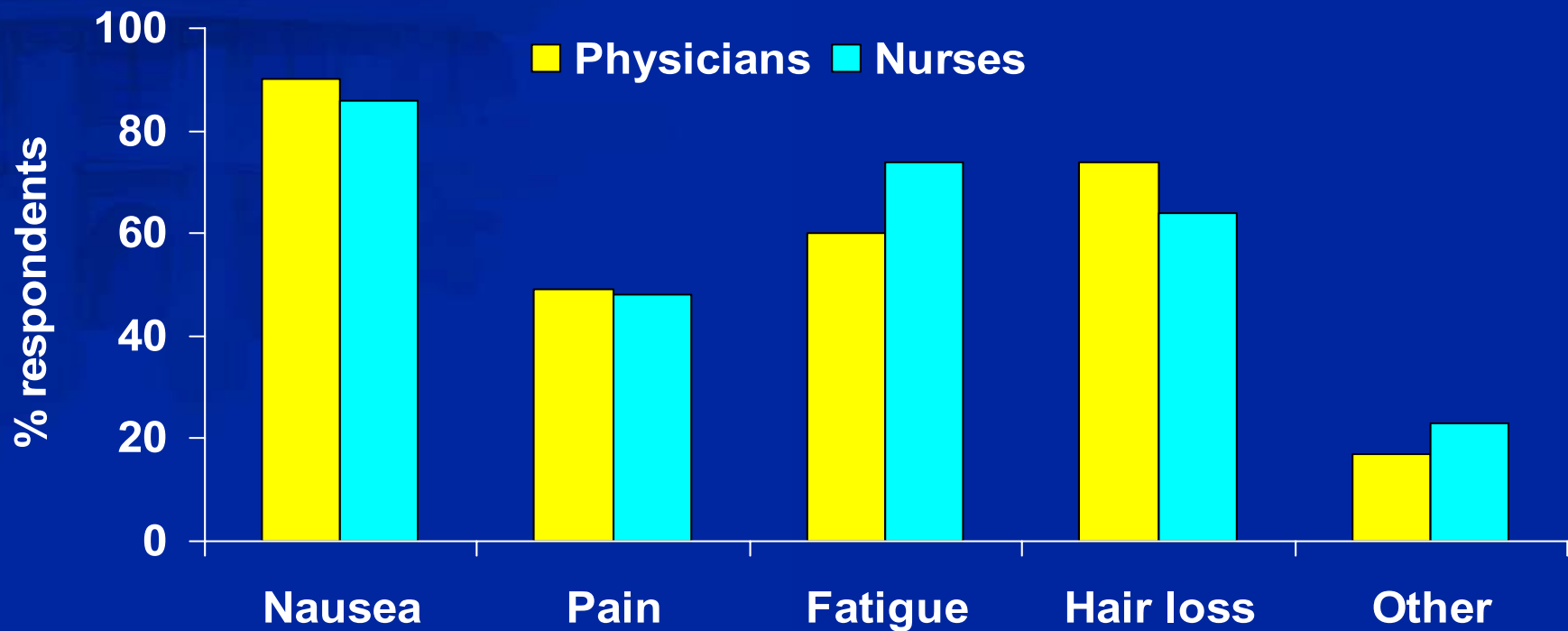
All Ireland Fatigue Coalition—Key Side Effects Experienced During Treatment



All Ireland Fatigue Coalition— Expressions Used by Patients to Describe Fatigue

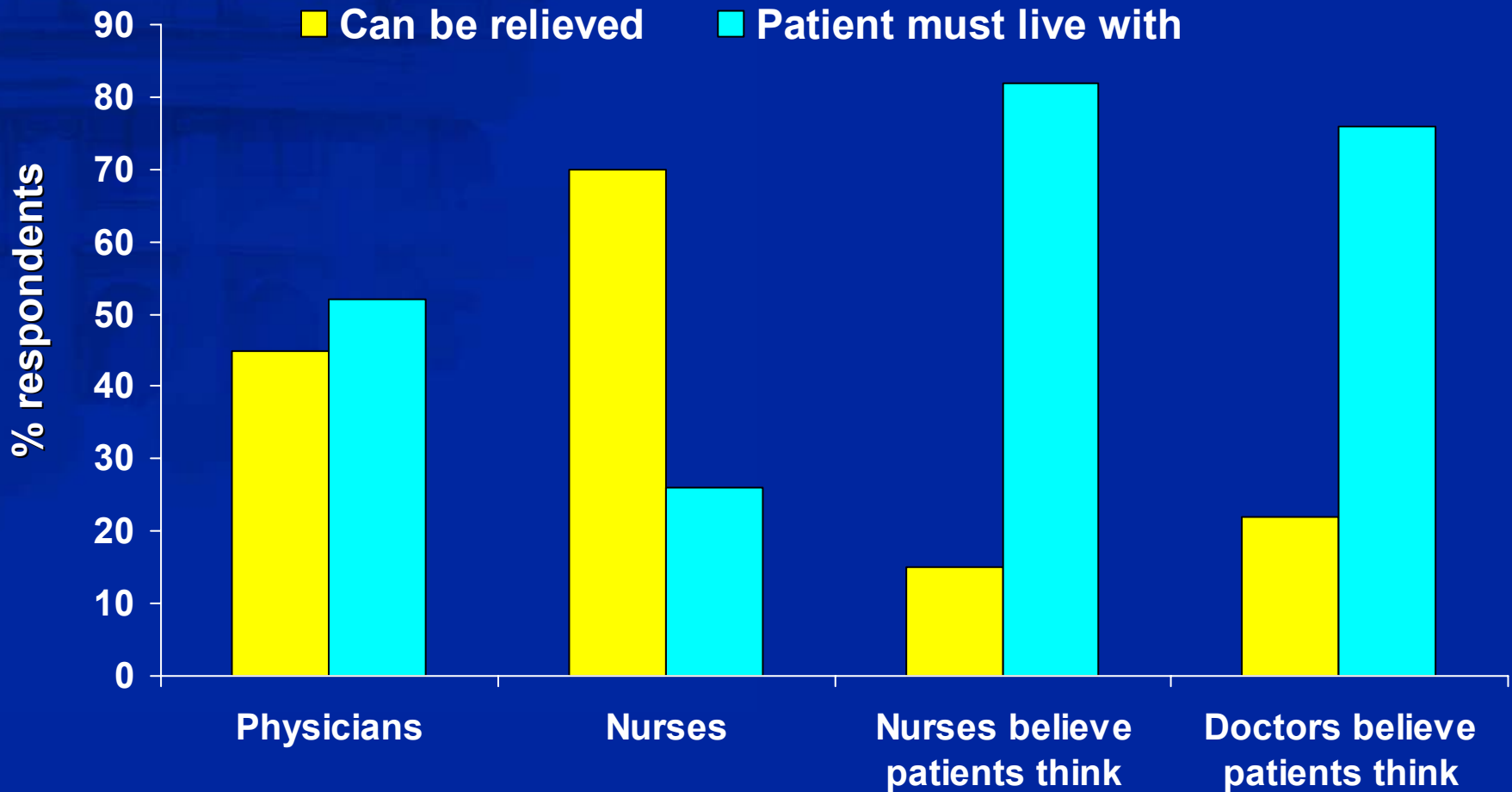


Which Side Effects Concern Your Cancer Patients the Most?

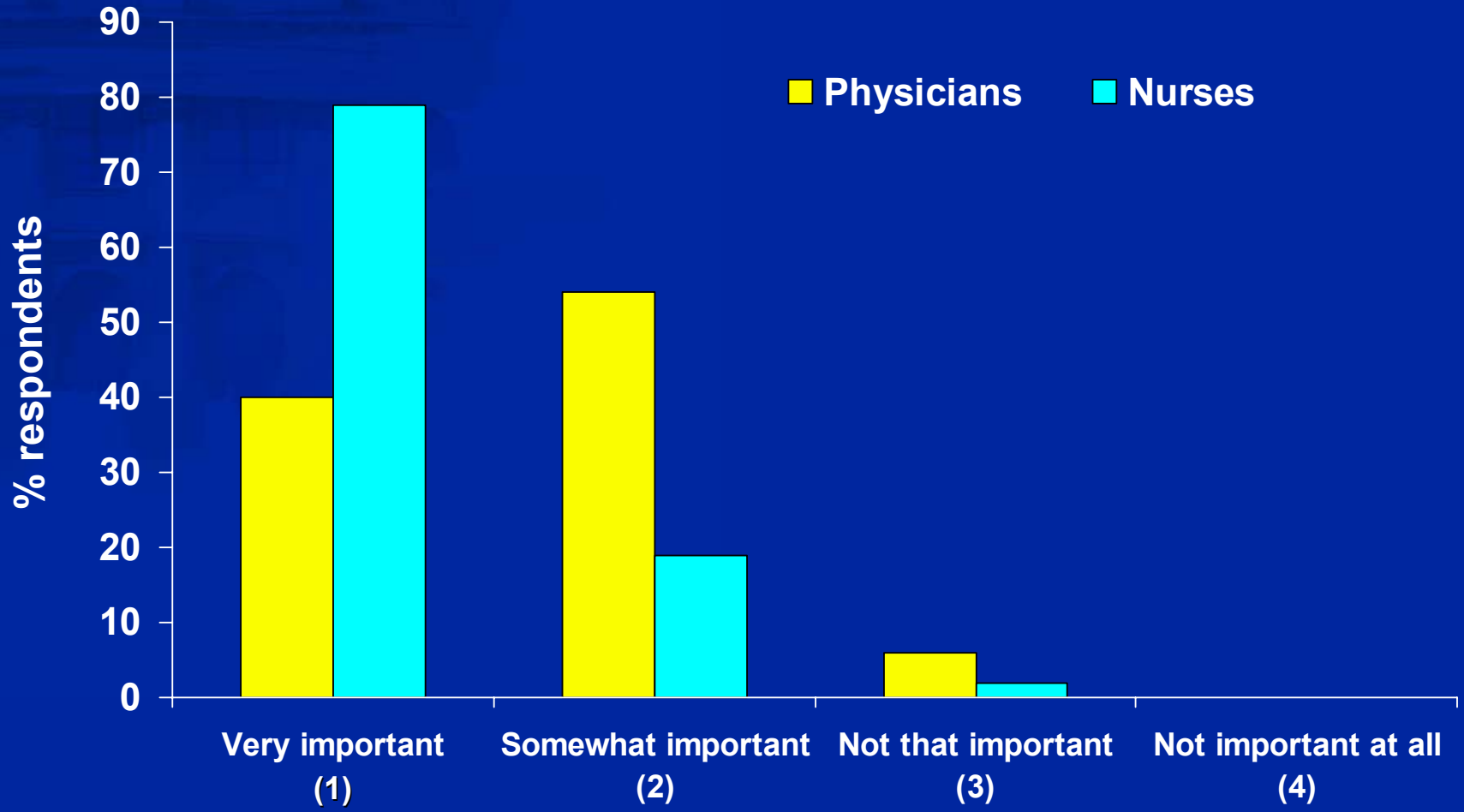


Side effects that affected patients the most during treatment

Treatment of Fatigue



How Important Is It to Treat Fatigue When Cancer Patients Complain of This Symptom?



Employment Status Preceding Diagnosis and Changes Made as a Result of Fatigue



Impact on Caregiver During Treatment

Take days off	34%
Accept fewer responsibilities than they normally would	22%
Reduce the number of hours they work	23%
Use unpaid medical leave	10%
Been forced to stop working altogether	8%
Change places of employment	1%
Go on disability	3%
None of above/no caregiver	13%

Fatigue 2 vs. All Ireland Fatigue Coalition—Key Comparisons

Frequency of Fatigue While Undergoing Most Recent Chemotherapy

	USA	Ireland
Every day	32%	24%
Most days	21%	29%
At least once/week	14%	13%
Only a few days/month	11%	16%
Hardly ever	20%	12%
At least monthly	78%	82%

Differences in Employment Status at Cancer Diagnosis by Country

USA

- Twice as likely to be working full-time
- 59% actively working at time of diagnosis

Ireland

- More likely to be self employed or retired
- 36% actively working at time of diagnosis

Change in Employment Status Due to Cancer-Related Fatigue

	USA	Ireland
Accepted fewer responsibilities	35%	63%
Reduced working hours	34%	52%
Took additional leave	42%	44%
Stopped working altogether	28%	48%

People with Whom Patients Discuss Fatigue

	USA	Ireland
Physician	79%	46%
Nurse	28%	44%
No one	8%	26%

Recommendations/Treatments to Reduce Fatigue

Recommendations	USA	Ireland
Nothing	40%	38%
Rest/relaxation	37%	46%
Diet/nutrition	11%	13%
Exercises	5%	10%
Vitamins	7%	6%
Prescription drugs (epoetins)	9%	1%

Conclusions

- **High prevalence of fatigue among cancer patients receiving chemotherapy**
- **Fatigue has a significant psychosocial and economic impact**
- **Far too often, there is little communication between patients and physicians**
- **Many physicians are unaware of the impact of fatigue and tend not to treat it**