

SIOG 2017 - Abstract Submission

Track 5: Geriatric assessment, nursing/allied health and patient care

Other

O04

THE CARE PROGRAM: OCCUPATIONAL AND PHYSICAL THERAPY FOR OLDER ADULTS WITH CANCER

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I submit my abstract to be considered for the following award: SIOG Nursing & Allied Health Award

Introduction: Older adults with cancer experience physical and psychological deficits that can negatively impact their ability to participate in meaningful activity and decrease their overall quality of life (QOL). Occupational and physical therapy (OT/PT) address physical, functional and social needs to improve QOL however, these services remain underutilized and not tested in geriatric oncology.

Objectives: The purpose of this randomized control trial was to examine the impact of a Cancer Rehabilitation (CARE) program, consisting of outpatient OT/PT, on the functional status, global QOL and the self-reported possibilities for activity in older adults with cancer.

Methods: Participants were randomly assigned to either the CARE program or usual care (no rehabilitation). Inclusion criteria for participants was >65 years of age, cancer diagnosis or recurrence within past 5 years, and at least one functional limitation. OT and PT were structured by specific evaluation measures only, OT addressed functional activities and participation, and PT addressed strength/endurance needs. Outcome measures included functional status (Nottingham Extended Activities of Daily Living Scale [NEADL] (range 0-22)), global mental and physical health and participation in social roles (Patient-Reported Outcomes Measurement Information System® [PROMIS®] (range 0-100), and activity expectation and self-efficacy (Possibilities for Activities Scale [PActS]). Participants from both groups were administered each of the measures at baseline and again at three months. T- tests were used to compare groups.

Results: Fifty-one adults were randomized: median age 73 years, 55% male, 92% White, 33% with Leukemia/lymphoma, 26% Breast, 22% Colorectal, 67% in active treatment, and 37% with Stage 3 or 4. After 3 months, both groups experienced a significant decline in functional status ($p = .046$; $p = .005$), but change in functional status (-1.5 UC, -1.1 CARE, $p = .637$), physical health status (0.0 UC, 2.4 CARE, $p = .121$) and participation in social roles (.11 in UC, 3.71 CARE, $p = .088$) between group were not significant. However, change in mental health (-1.0 in UC, 3.0 CARE, $p = .032$) and change in PActS scores between the treatment and control group ($p = .03$), were significant, even when baseline scores were controlled for ($p = .02$).

Conclusion: This OT/PT intervention had a significant benefit on the mental health, activity expectation and self-efficacy in this sample of older adults with cancer. Future studies will have longer time between baseline and follow-up, and larger sample sizes. At a minimum, this study suggests cancer rehabilitation can improve participation in meaningful activity, and improve mental health in older adults with cancer.

References: 1. Pergolotti, M., Cutchin, M., & Muss, H. (2015). Predicting participation in meaningful activity for older adults with cancer. *Quality of Life Research*, 24(5), 1217-1222. doi:10.1007/s11136-014-0849-7

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