

Geriatric oncology in Innlandet Hospital Trust, Norway

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What brought me to the SIOG Advanced Course?

On an everyday basis in the cancer clinic I face the challenges of delivering optimal treatment to old cancer patients.

Approximately 50% of Norwegian cancer patients are ≥70 years. They constitute a group with complex needs and numerous medical problems in addition to their oncological history. In order to be able to provide the best possible oncological treatment to these patients, it is necessary for us oncologists to increase our geriatric knowledge.

However there are no formal training in geriatric oncology as part of the education to become an oncologist.

This course provided me the opportunity to learn from well known and experienced tutors.

My colleague who attended the course last year highly recommended the SIOG course. Not only was this a great venue to learn more geriatric oncology – It was also a place to meet colleagues from around the world who share my interest for geriatric oncology.

Research plans

Current PhD-project: Cancer in the elderly: Follow up *Project leader M.S. Jordhøy (MD, prof).*

- The research is based on an observational study of older (≥ 70 years) cancer patients referred for medical oncology treatment.
- Patients were categorized as frail or fit based on a modified geriatric assessment (mGA).
- My aim is to investigate the relationship between frailty and inflammatory markers in cancer patients
- Further plans are to investigate how body composition and muscle depletion influence on frailty and the trajectory of the disease, and to keep working on the thesis.
- Help and support the work of a new PhD-student on the project “Improving outcomes for older cancer patients receiving external beam radiotherapy (EBRT): Developing and testing a geriatric assessment with management intervention.”

Improvements in Innlandet Hospital Trust

- Results from part one of the study, Cancer in the elderly is finished and results from the study are pending.
- A new study has already started: Improving outcomes for older cancer patients receiving external beam radiotherapy (EBRT): Developing and testing a geriatric assessment with management intervention. *Project leader M.S. Jordhøy (MD, prof).*
- More awareness and interest concerning geriatric oncology with more geriatric oncology tuition; with the result that at least one colleague will apply for the course next year.

Motivation for attending the SIOG 2017 Advanced Course

- **KNOWLEDGE;** the more knowledge, the better assessment of the geriatric cancer patient.
- **NETWORKING;** to meet, get to know, and to learn from colleagues from different parts of the world with a special interest in geriatric oncology.
- To learn from my colleagues how they deal with challenges in the management of older patients , and how they cooperate with geriatricians and which problems they've might encountered.

How I intend to develop links across worlds of oncology and geriatrics in the future?

AWARENESS

- By increasing knowledge it is easier to create awareness concerning geriatric oncology. By creating awareness it is easier to increase the interest for the field. When oncologists become more interested in geriatrics, and vice versa , this will hopefully bridge the gap between the two fields of medicine.

research group

I am part of a interdisciplinary, Norwegian research group with specialists in geriatrics, palliative medicine, oncology, nutrition, epidemiology, psychiatry and biochemistry led by S. Rostoft (MD, PhD). Its main focus is research in older cancer patients.

The SIOG annual conference

I hope to be able to attend the forthcoming SIOG conferences, to keep up to date in the geriatric oncology field.



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