

Impact of comprehensive geriatric assessment in patients with non-small cell lung cancer treated with stereotactic body radiotherapy

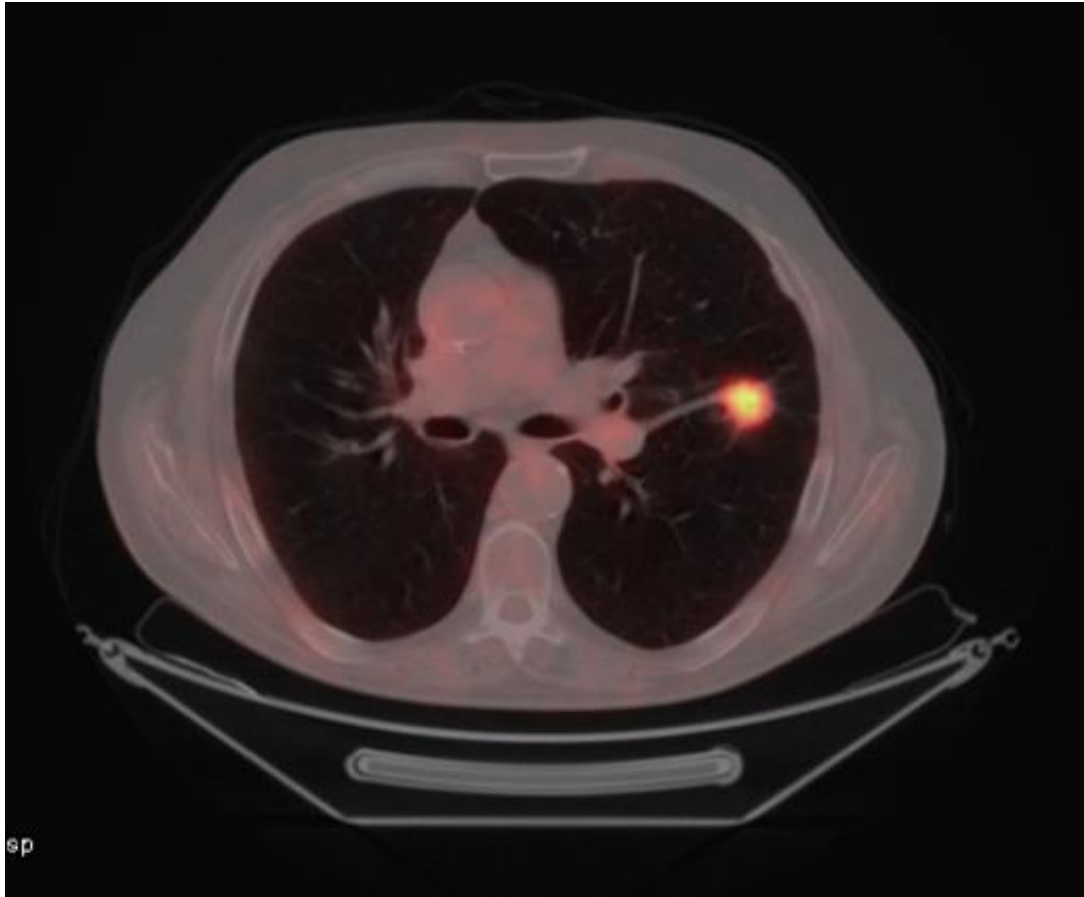
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Introduction

Localized non-small cell lung cancer (NSCLC)



Approximately 20% of all NSCLC

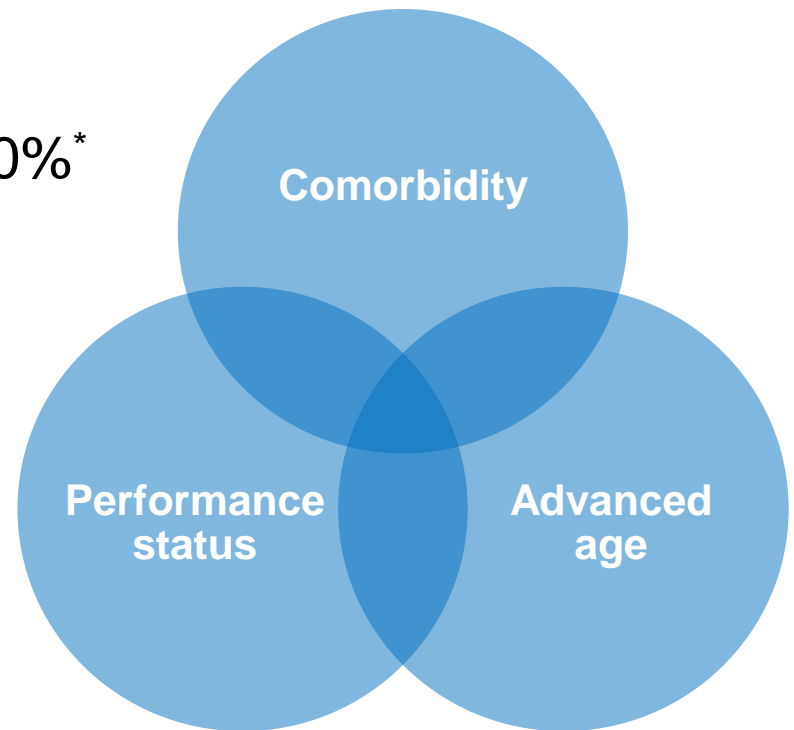
Introduction

Localized non-small cell lung cancer (NSCLC)

Gold standard of treatment:

- surgery
- 5Y survival of ~ 60-70%*

However, surgery is not feasible for all patients



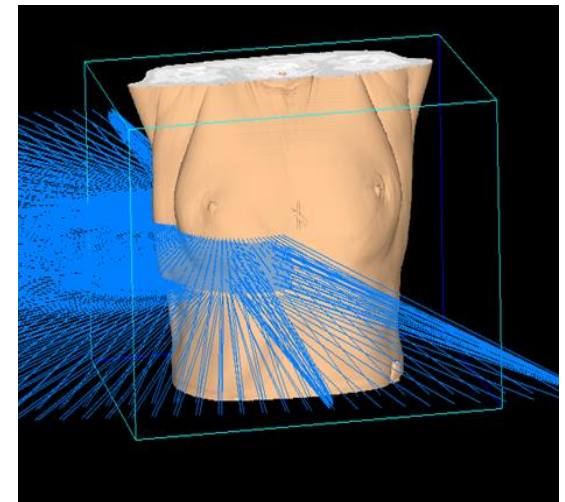
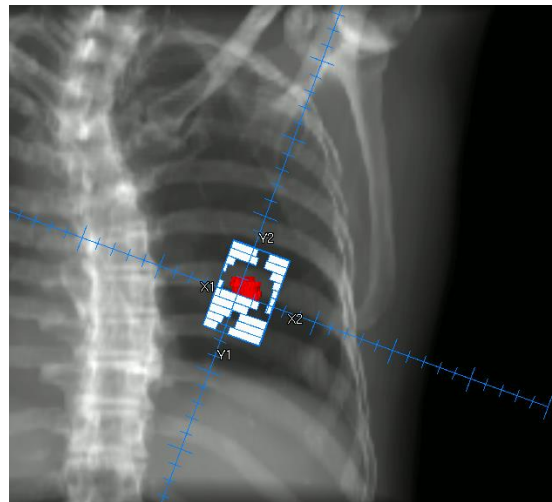
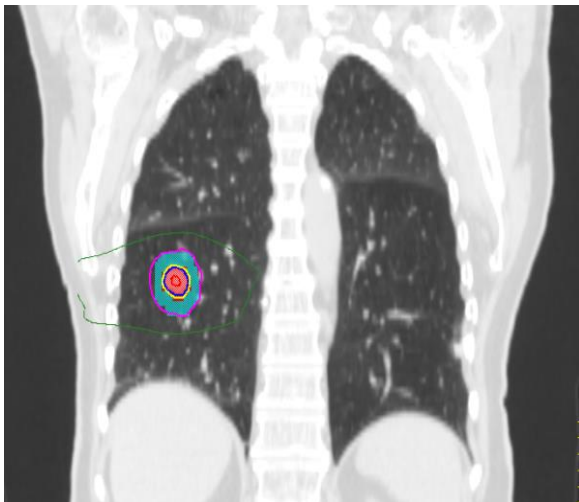
*Danish Lung Cancer Group Annual Report

Introduction

Localized non-small cell lung cancer (NSCLC)

Gold standard of treatment for medical inoperable pts:

- stereotactic body radiation therapy (SBRT)
- 5Y survival of ~ 40%*



*Jeppesen et al., Lung Cancer, 2016

Introduction



- Overall survival surgery vs. SBRT
- Quality of Life (QoL)

Introduction



Challenges

- Overall survival surgery vs. SBRT
- Quality of Life (QoL)



Solution

- Comprehensive geriatric assessment (CGA)
- CGA improves overall survival and QoL

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Challenges

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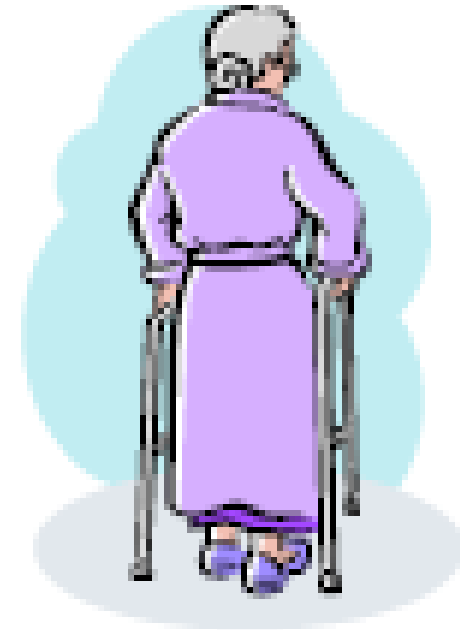
Aim

- To investigate if a CGA when added to SBRT for patients with localized NSCLC will impact QoL and overall survival

Comprehensive Geriatric Assessment (CGA)

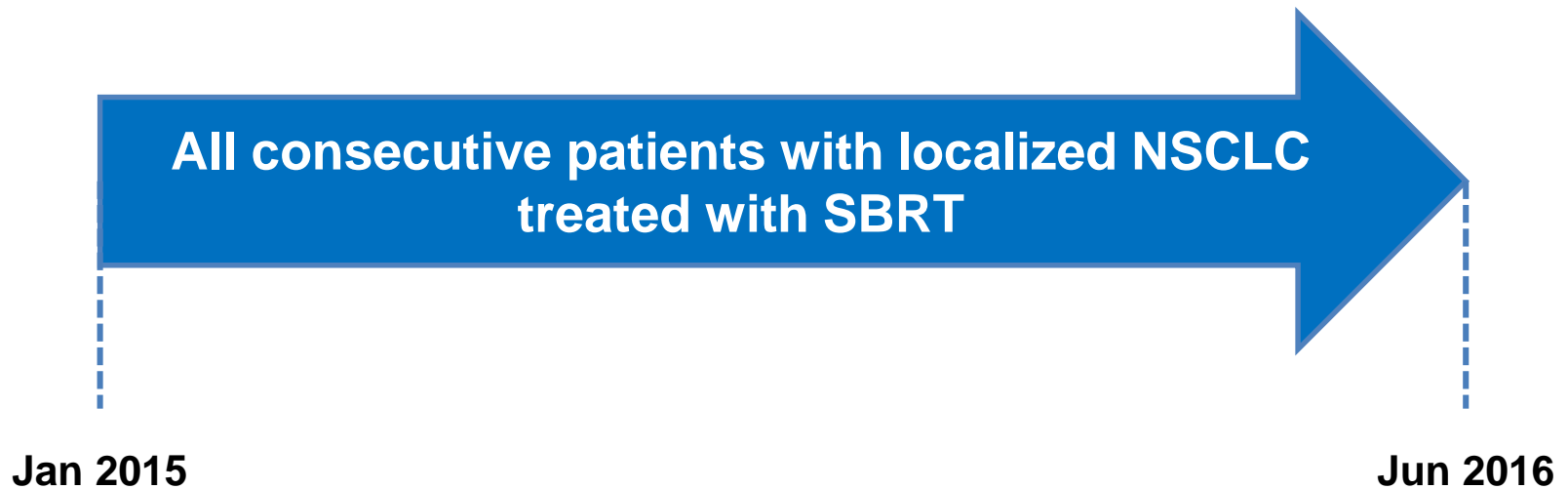
CGA is a systematic evaluation of:

- multimorbidity
- physical function
- cognitive function
- nutritional status
- polypharmacy and
- need of social support



Materials and methods

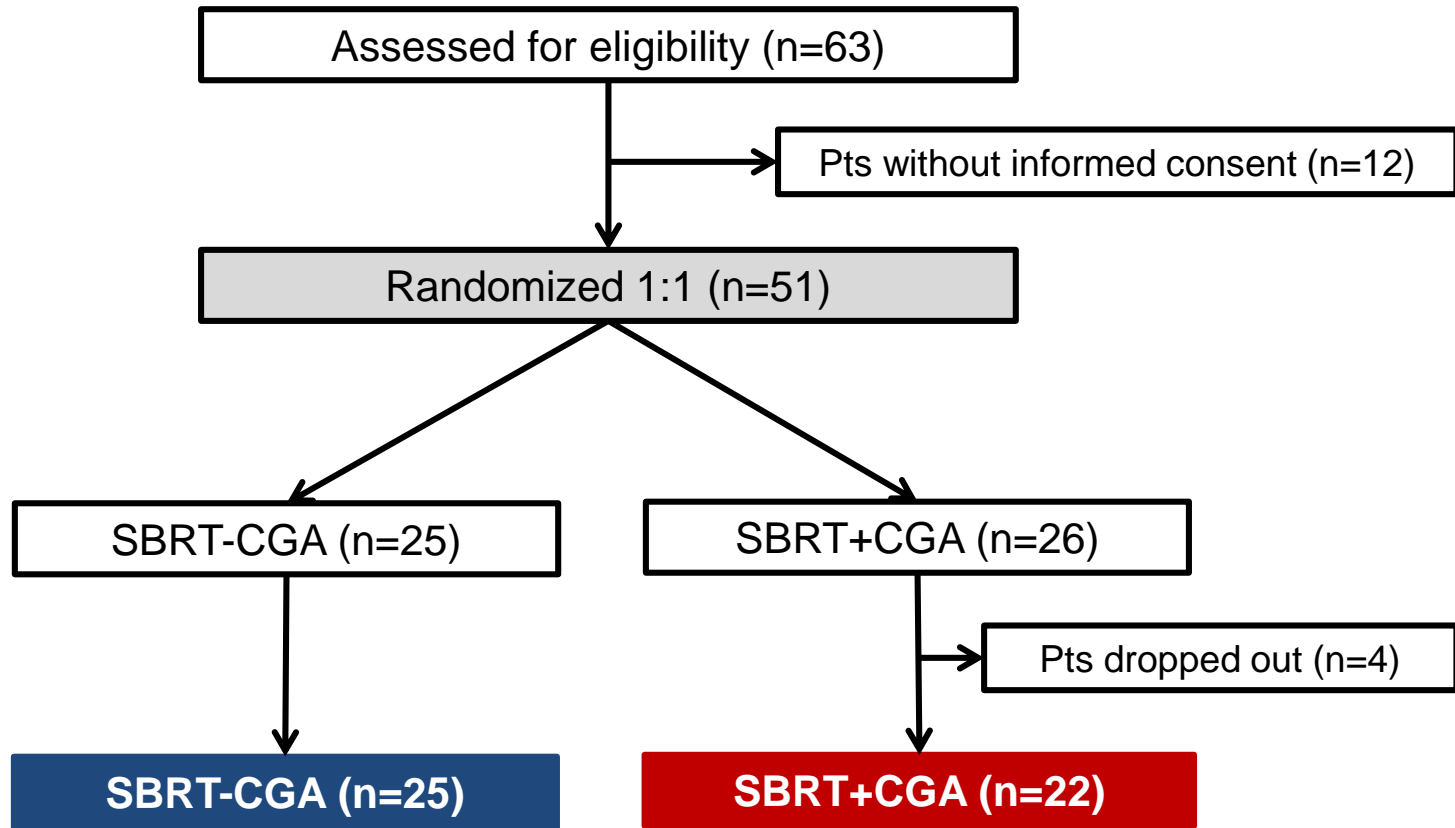
A single center, parallel-group, randomized pilot study.



Patients were randomized to receive SBRT +/- CGA

Materials and methods

CONSORT Flow Diagram



Results

Patients characteristics

	SBRT + CGA	SBRT - CGA	p-value
Sex			
Female	12 (46%)	12 (48%)	0.86
Male	14 (54%)	13 (52%)	
Age (years)			
Median	71.0	73.0	0.07
Range	(52-87)	(57-84)	
ECOG PS			
0	2 (8%)	3 (12%)	0.62
1	11 (42%)	14 (56%)	
2	11 (42%)	7 (28%)	
3	2 (8%)	1 (4%)	
Lung cancer stage			
1A	22 (85%)	18 (72%)	0.30
1B	3 (11%)	7 (28%)	
Synchronous cancers	1 (4%)	0 (0%)	
Histology			
Adeno	14 (54%)	13 (52%)	0.17
Squamous	11 (42%)	7 (28%)	
NSCLC NOS	1 (4%)	5 (20%)	
CCI			
0-1	10 (39%)	12 (48%)	0.65
2-3	12 (46%)	11 (44%)	
4+	4 (15%)	2 (8%)	
G8 total			
>14	11 (42%)	6 (24%)	0.17
≤14	15(58%)	19 (76%)	

Results

CGA interventions in the +CGA group

	+CGA group (n)
Number of visits in Geriatric Clinic	
1	17
2	4
≥3	1
Health interventions	
0	14
1	6
2	1
3	1
Drugs	
New prescriptions	11
Dose increase	2
Dose reduction	6
Drug stopped	4
Dietary counselling	9
Alcohol counselling	3
Fall prevention	3
Functional physiotherapy	5
Referred to other Departments/General Practitioners	
Cardiovascular Medicine	1
Respiratory Medicine	1
Haematology	1
Infectious Diseases	1
General Practitioner	3
Social situation	
Increased aid at home	1

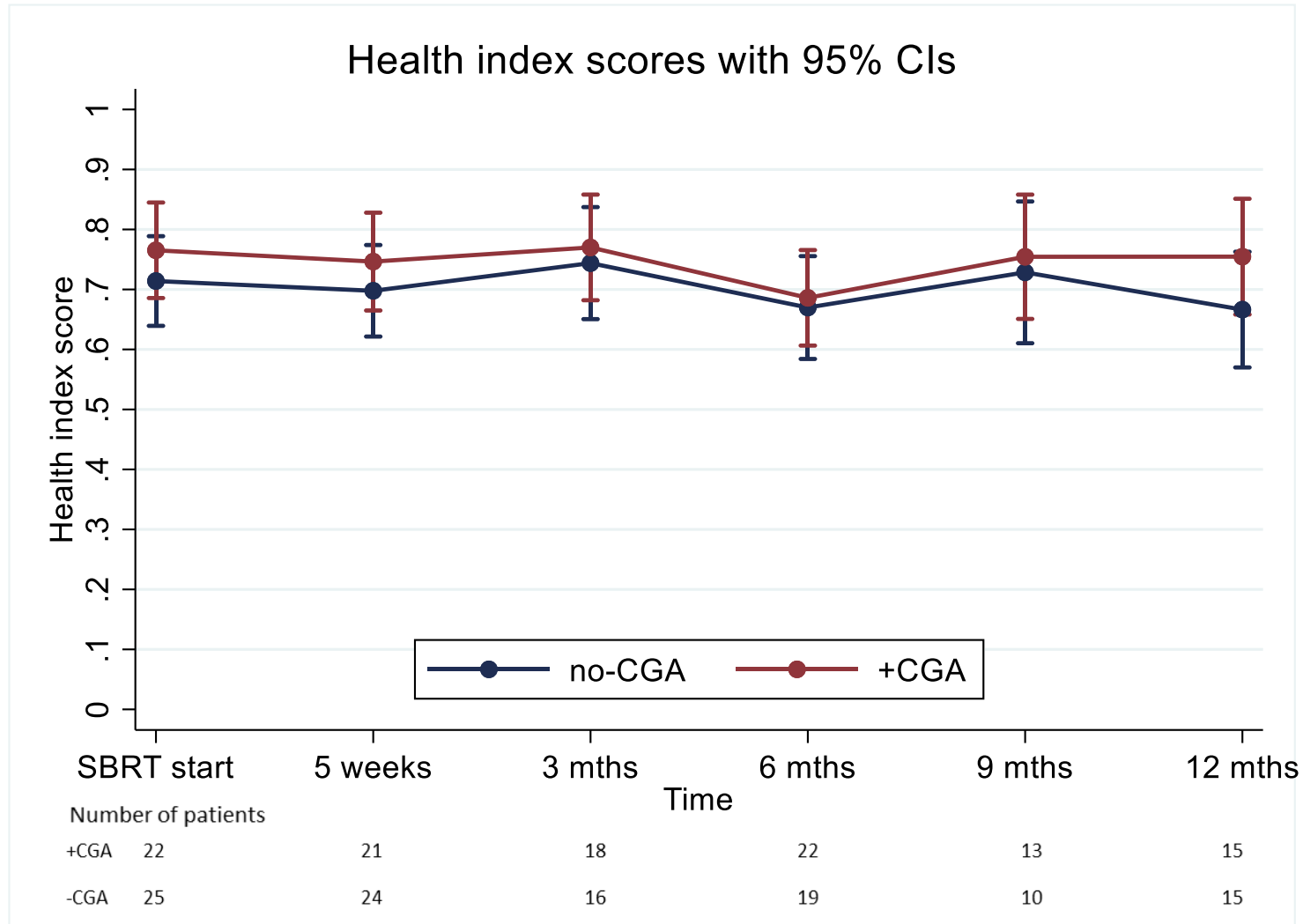
Results

EQ-5D baseline to 12 months after SBRT 6 repeated measurements

- Health index (objective)
 - mobility, self-care, usual activities, pain/discomfort, and anxiety/depression
- VAS score (subjective)
 - self-rated health in a scale ranging from 0-100

Results

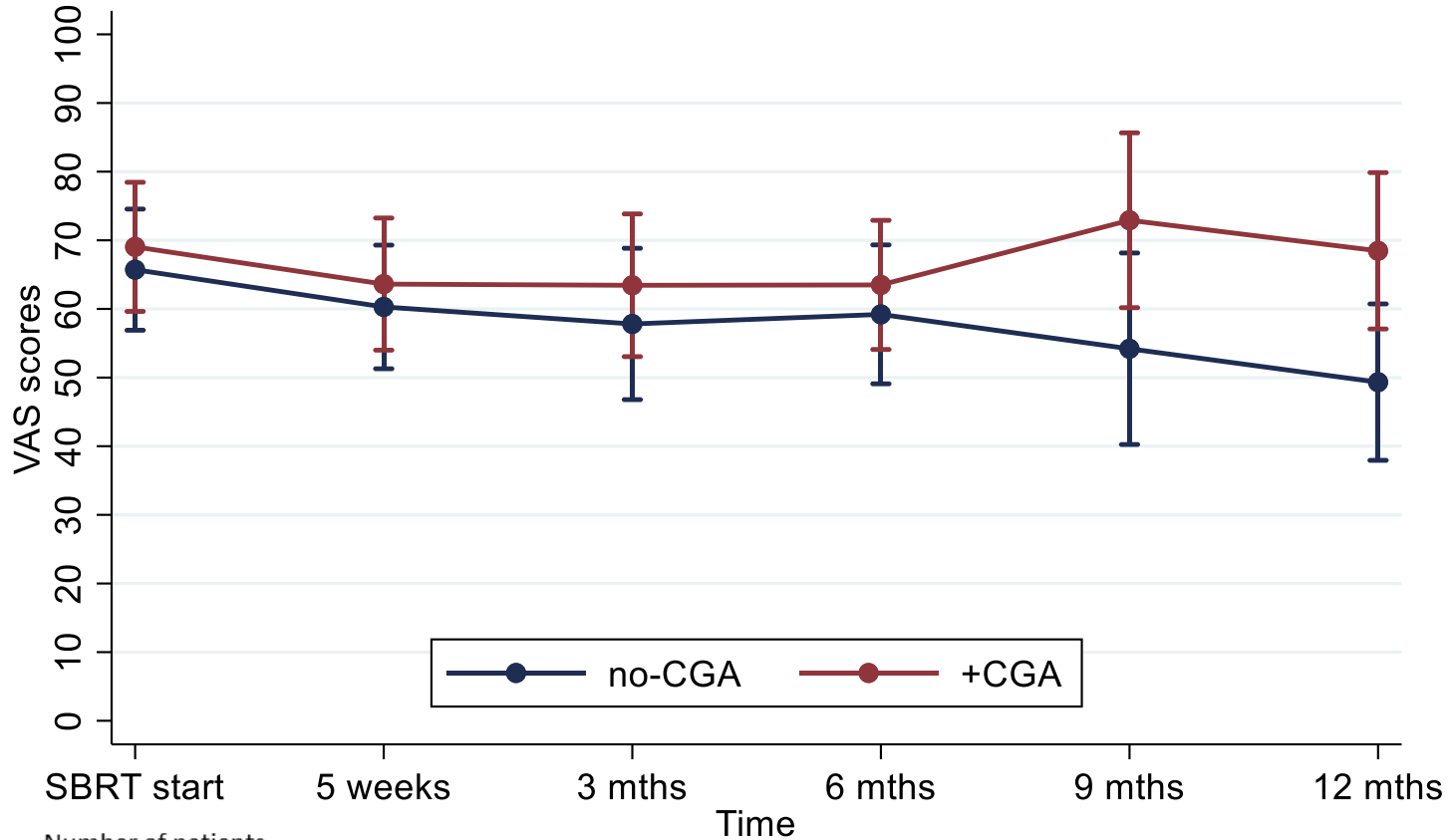
EQ-5D



Results

EQ-5D

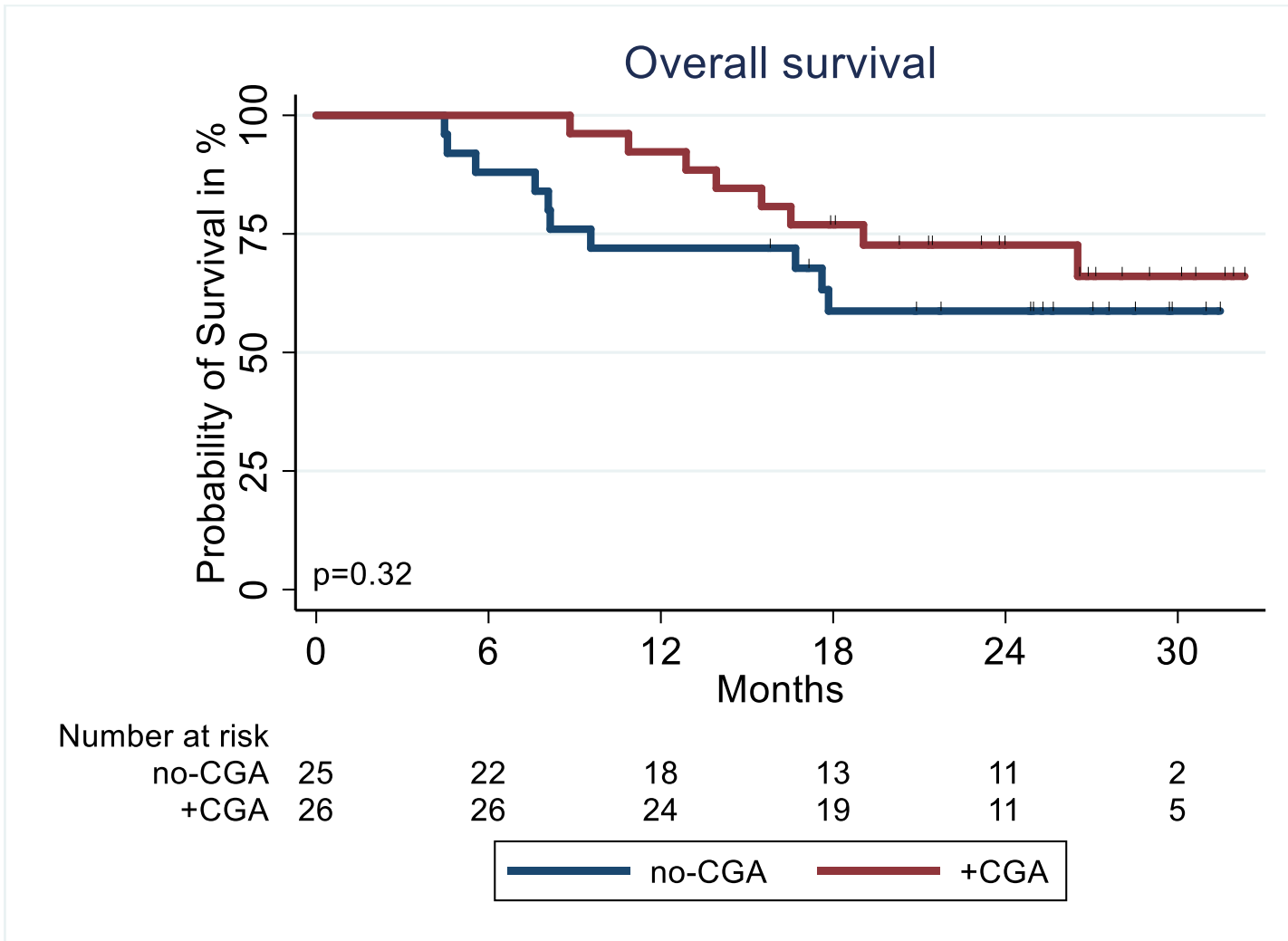
VAS scores with 95% CIs



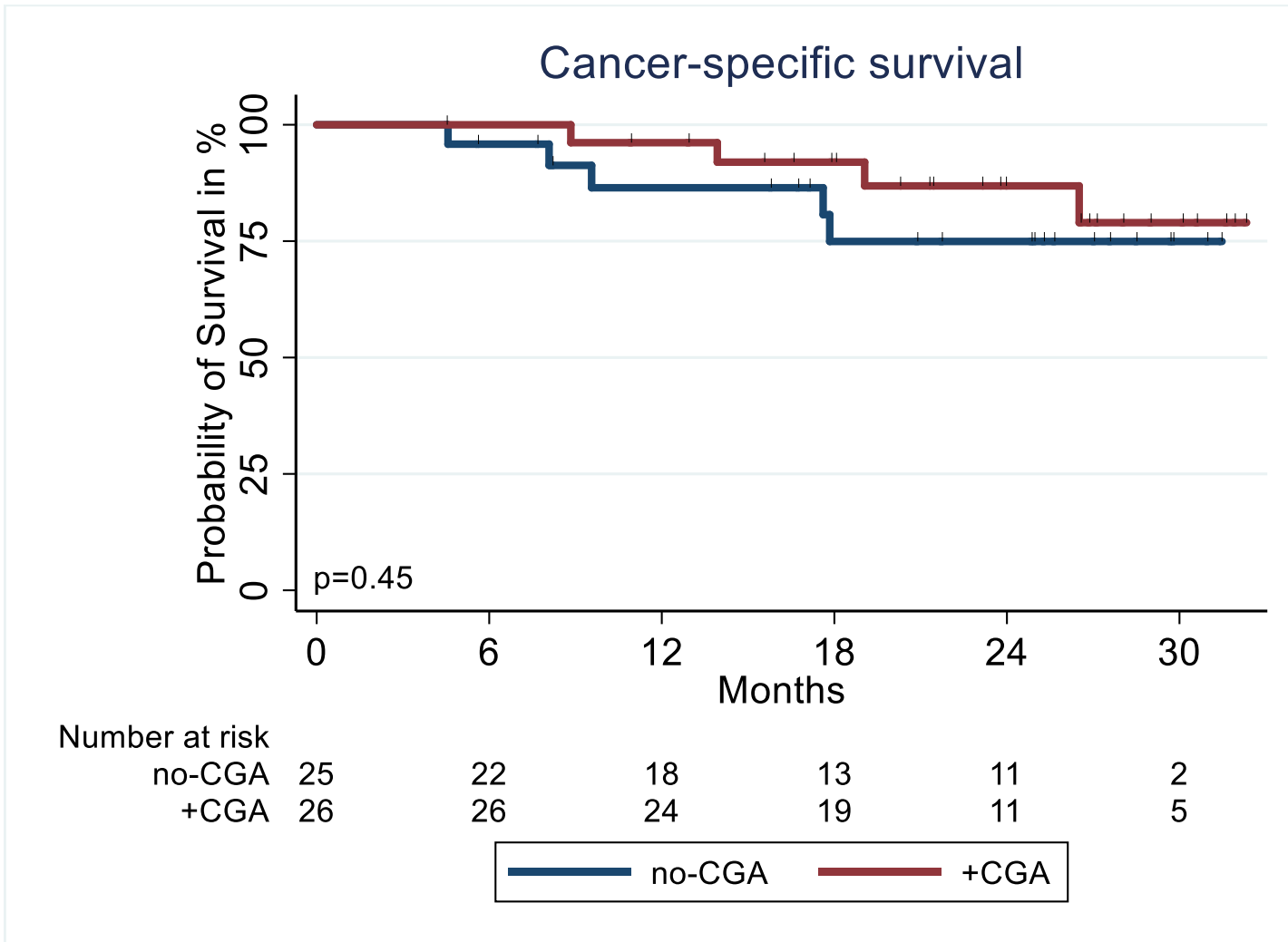
Number of patients

+CGA	22	21	18	22	13	15
-CGA	25	24	16	19	10	15

Results



Results



Conclusion

In patients treated with SBRT for a localized NSCLC a comprehensive geriatric assessment

- Did not improve the QoL
 - health index and VAS scores
- Did not improve overall survival
- Sample size of the current study is small

Thank you for your attention