Patient Reported Outcome Measures (PROMs) capturing therapy adherence of cancer patients – A systematic review

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BACKGROUND

- The success of cancer therapy relies on patient adherence as the extent to which a person’s behavior - taking medication, following a diet, and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider [1]
- Several PROMs exist to measure patient adherence to (cancer) therapy
- Need for better understanding of different dimensions of adherence

STUDY AIM

- To develop a comprehensive overview of (validated) PROMs in the cancer field, with a specific focus on the adherence dimensions captured.

METHODS

Systematic review (SLR) of systematic reviews to identify PROMs to measure dimensions of therapy adherence in cancer.
- Databases of Pubmed and Embase were searched up to March 2022
- Inclusion criteria: SLRs assessing therapy adherence of adult cancer patients, in which at least one study utilizes and describes PROMs to capture adherence to cancer therapy or side effects
- Qualitative synthesis to identify validated PROMs measuring adherence and adherence dimensions
- Quality appraisal using 16-item AMSTAR 2 tool for SLR of healthcare interventions [2]

RESULTS

- 1035 cancer studies included across all SLRs
- Dimensions of therapy measured by adherence PROMs:
  - Medication: 38
  - Diet: 9
  - Lifestyle: 10
  - Exercise (WHO definition expanded): 5
  - Others: 3
- Data collection primarily via self-developed questionnaires
- 11 validated PROMs identified (medication n=9, diet n=2)
- Risk of bias: Mostly fair-moderate quality of included SLRs

CONCLUSION

- Therapy adherence is a multidimensional phenomenon capturing the domains medication, diet, exercise and lifestyle changes
- Identified PROMs either capture actual adherence behaviors or factors influencing adherence
- Predominance of studies measuring medication adherence
- Findings can inform the choice of PROMs to monitor patients' adherence in clinical practice and enhance health outcomes.
- Need for greater attention to other dimensions of adherence, especially exercise and lifestyle changes

REFERENCES