Short term quality-of-life after metastases-directed SBRT results of the prospective ESTRO & EORTC OligoCare cohort


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Background

Metastases-directed stereotactic body radiotherapy (SBRT) in addition to standard of care systemic therapy is supported by randomized phase II trials and international practice guidelines for patients with an oligometastatic disease (OMD).

Little is known about Quality of Life (QoL) following SBRT, which would be valuable to better inform patient and clinicians in their decision-making process about the optimal multimodality treatment strategy.

Methods

OligoCare is a pragmatic prospective cohort study of E²-RADlatE, a collaboration between ESTRO and EORTC, which aims to identify patient, tumour, and treatment characteristics influencing overall survival after radiotherapy for oligometastatic breast, colorectal, lung and prostate cancer.

Radical radiotherapy must be a component of treatment, irrespective of max number of metastases, as long as all cancer lesions are treated with radical intent. Assessment of QoL using the EORTC QLC-C30 is optional. This analysis reports QoL at baseline and first FU (3-12 months) on the first 1600 enrolled patients.

Results

530 patients completed baseline QoL and 399 completed follow-up (median time after SBRT: 6 months). 71% of patients were male, with oligometastatic prostate cancer the most frequent primary (45%), followed by NSCLC (24%), breast (17%) and colorectal cancer (14%).

Median age was 69 years and median one single oligometastasis was treated with SBRT (range 1-8). Average global health status at baseline was 72 (SD 19.5), with higher baseline QoL in prostate cancer (average 72; SD 20), without differences between primary diseases.

Conclusion

Collection of QoL data was feasible in this prospective registry and early QoL remained stable following metastases-directed SBRT in oligometastatic breast, colorectal, lung and prostate cancer.

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