

HORIZONS: a study exploring the short, medium and long term consequences of a cancer diagnosis and its treatment – Profile of the first 1,000 patients recruited

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Background

Advances in detection and treatment means the number of people living with and beyond cancer is increasing substantially [1]. It is important to understand the impact of cancer and its treatment on everyday life to enable health professionals to better prepare future patients and tailor care to survivors' needs during recovery.

Aim

The HORIZONS programme aims to recruit people about to start primary cancer treatment and follow them over time to examine a range of clinical and psychosocial outcomes and experiences.

Methods

- A multi-centre, prospective cohort study of adults (>16 years) treated for non-metastatic cancer.
- 3,000 patients will be recruited from over 70 NHS treatment centres across the UK.
- Participants complete questionnaires before treatment (baseline), then at 3, 12, 18, 24 months and annually. Questionnaires capture socio-demographic and economic characteristics and cover a range of assessments including quality of life (EORTC QLQ-C30, QLACS), health status (EQ-5D), self-efficacy, social support, social networks and lifestyle.
- Clinical outcomes are collected prospectively through Case Report Forms (CRFs) at the start of treatment, 6 months and annually.



N.B. * Recruitment of Vulval cancer patients started in January 2018 and so no data will be presented for this group.

Results

- Between 9 September 2016 and 31 December 2017, 1,955 eligible patients were approached at 58 sites (81 hospitals). Of which 1,194 consented to participate: 444 breast, 522 gynaecological cancers and 228 NHL.
- From those who consented, 964 (81%) baseline questionnaires were returned and 1,142 (96%) CRFs were completed (Fig 1). Six participants later withdrew participation and their data, so we present data from 958 baseline questionnaires and associated CRFs.
- 82% of participants were recruited from hospital sites in England, 10% from Wales, 7% from Scotland, and 1% from Northern Ireland.

Clinical characteristics

- Overall, the distribution of stage at diagnosis for each cancer type closely aligns with national Cancer Research UK (CRUK) data [3-7]. A high proportion of breast, cervical, and endometrial cancer participants have an early stage diagnosis, whilst more NHL participants have a more advanced stage but this may also reflect our inclusion criteria (Fig 2).
- ECOG Performance status describes a patient's level of functioning; Status 0 (fully active) to 4 (completely disabled) [2]. Most participants across the cohorts are categorised as status 0 (Fig 3). Recruitment of patients classed as status 4 has been difficult but this may be due to the requirements of completing a questionnaire and recruiting prior to treatment when patients may be too unwell to consent.

Demographic characteristics

- The cohorts' age profiles closely match with data reported by CRUK [3-6]. On average, cervical cancer is the youngest group whilst NHL is the oldest (Fig 3).
- The gender split in NHL is also comparable to the national average [3] with slightly more males (54%) recruited than females (46%).
- White British is the largest ethnicity group recruited and this is broadly in line with national Census data [8] (Fig 3).
- Determined by the Indices of Multiple Deprivation (IMD), 50% of participants from England (N=783), 40% from Scotland (N=70) and 76% from Wales (N=95) live in areas with the least deprivation (quintiles 4 and 5) (Fig 4). A small sample size limited the analysis of Northern Ireland data.

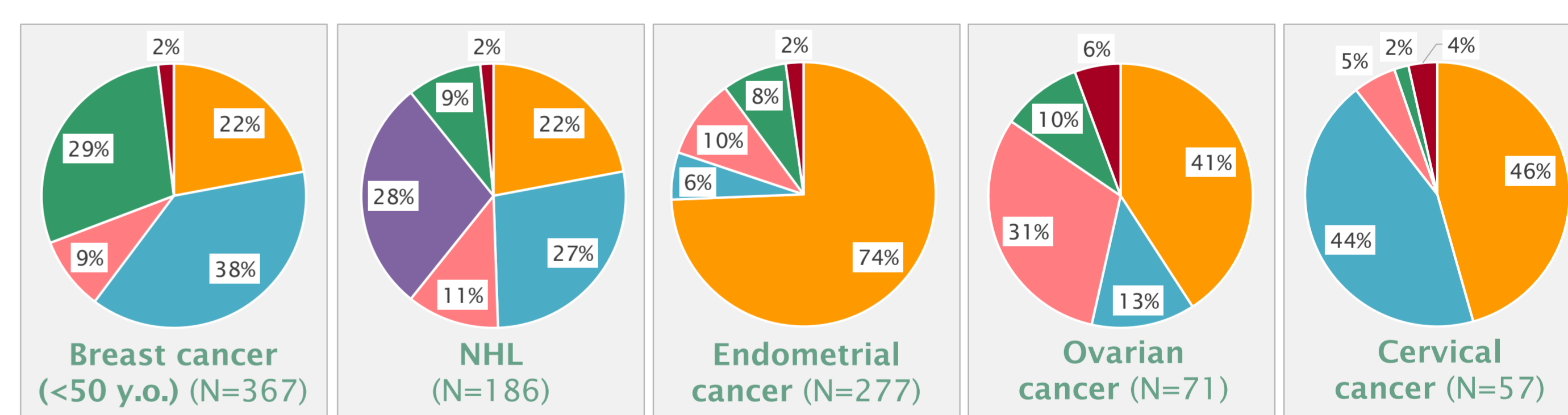
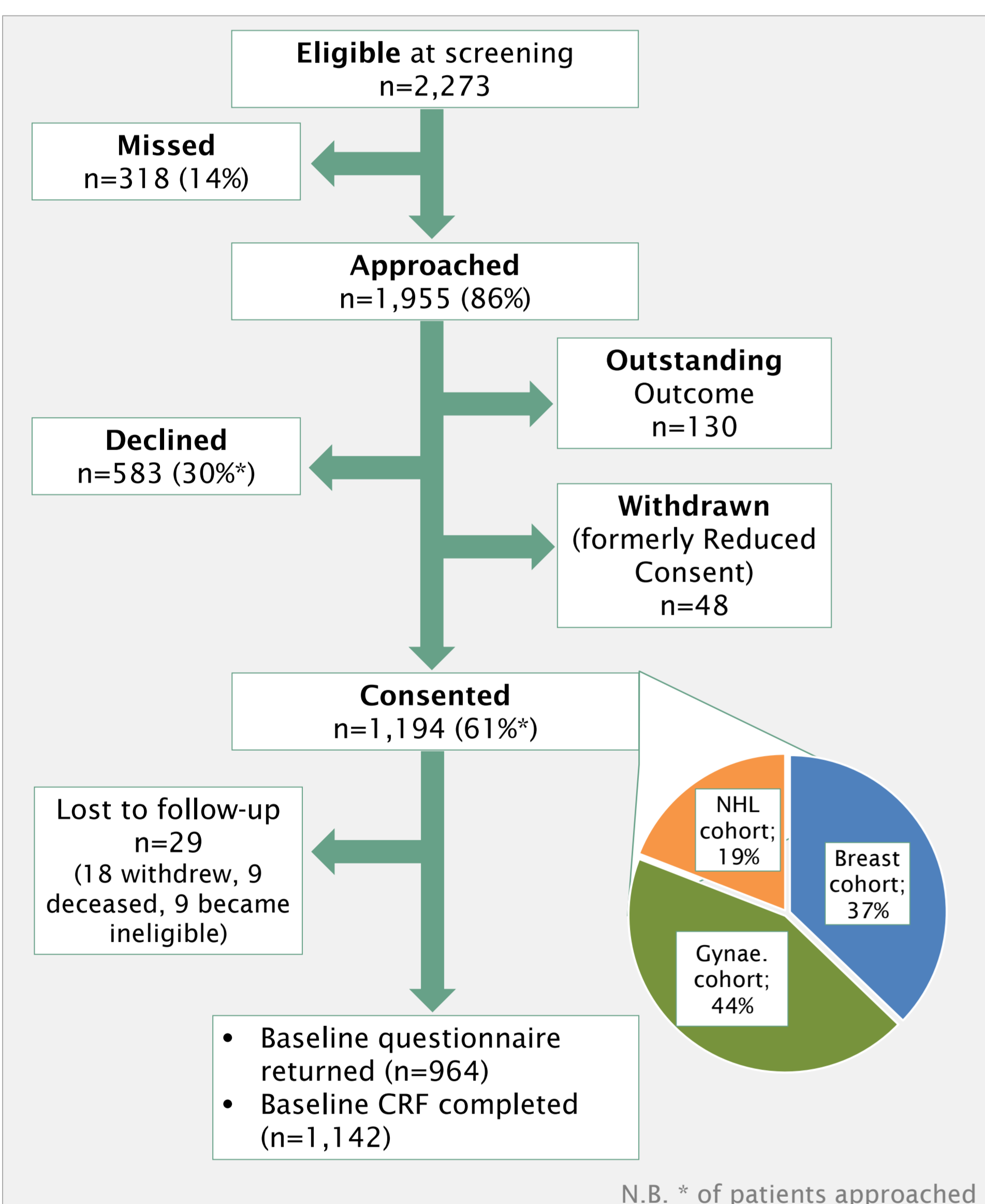


Figure 2. Stage at diagnosis by cancer type (collected at the start of treatment)

		Cancer Type Group				
		Breast (<50 y.o.)	NHL	Endometrial	Ovarian	Cervical
	N	367	186	277	71	57
Age	Mean (SD)	42.5 (5.6)	66.8 (12.6)	64.0 (10.4)	60.5 (11.8)	46.9 (14.4)
	Modal 5-year age group	45-49	70-74	60-64	65-69	35-39
Ethnicity (%)	White British	88.6	89.8	93.9	93.0	98.2
ECOG Performance Status (%)	Status 0, Fully active	74.4	48.9	49.5	42.3	59.6

Figure 3. Age, Ethnicity and ECOG Performance Status (N=958)



N.B. * of patients approached

Figure 1. Recruitment flow diagram (up to Baseline timepoint)

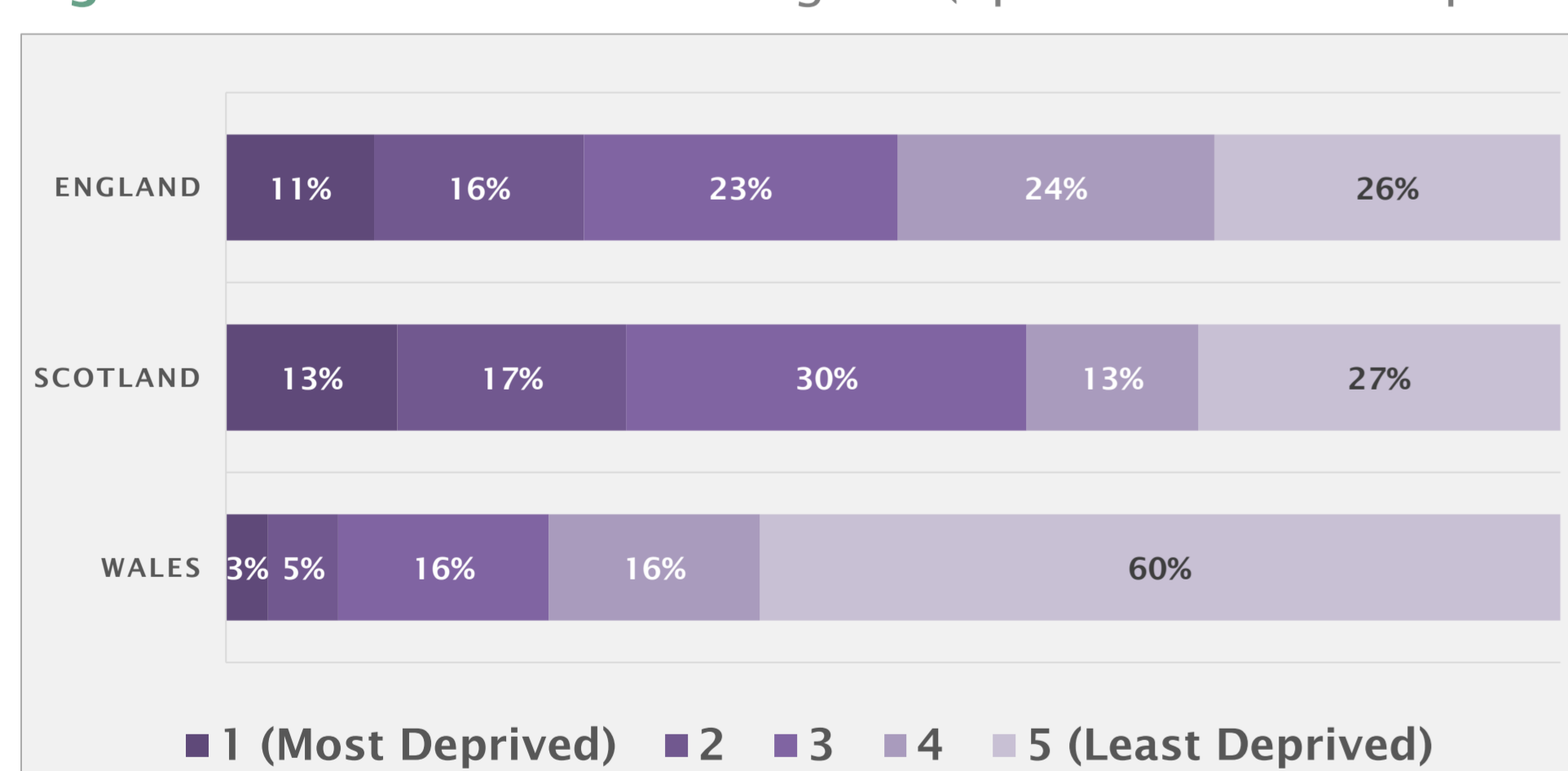


Figure 4. Index of Multiple Deprivation Quintiles for England (IMD-2015), Scotland (SIMD-2016) and Wales (WIMD-2014)

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