



Quality of Life for Adolescent and Young Adult Hematopoietic Stem Cell Transplant Patients and Healthcare Providers



CANCER CENTER

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Conclusion: Patients reported highest fear before HSCT and greatest fatigue immediately following HSCT. Health care providers supported these findings, reporting stress and anxiety observed in clinic. All health care providers agreed mindfulness-based intervention for their patients would improve quality of life.

Introduction

- Physical dysfunction, stress, and impaired quality of life (QOL) remains an issue for adolescent and young adult patients undergoing hematopoietic stem cell transplant (HSCT).
- Few studies examine patients and healthcare providers' perceptions of QOL while undergoing HSCT.
- Aim to assess physical discomfort in patients through surveys and feasibility of a mindfulness-based intervention through provider interviews.

Results

Figure 1: Average answer scores (1 being never, 5 being always) of how often patients felt fear, anxiety, worried, and uneasy at pre, during, and post HSCT process.

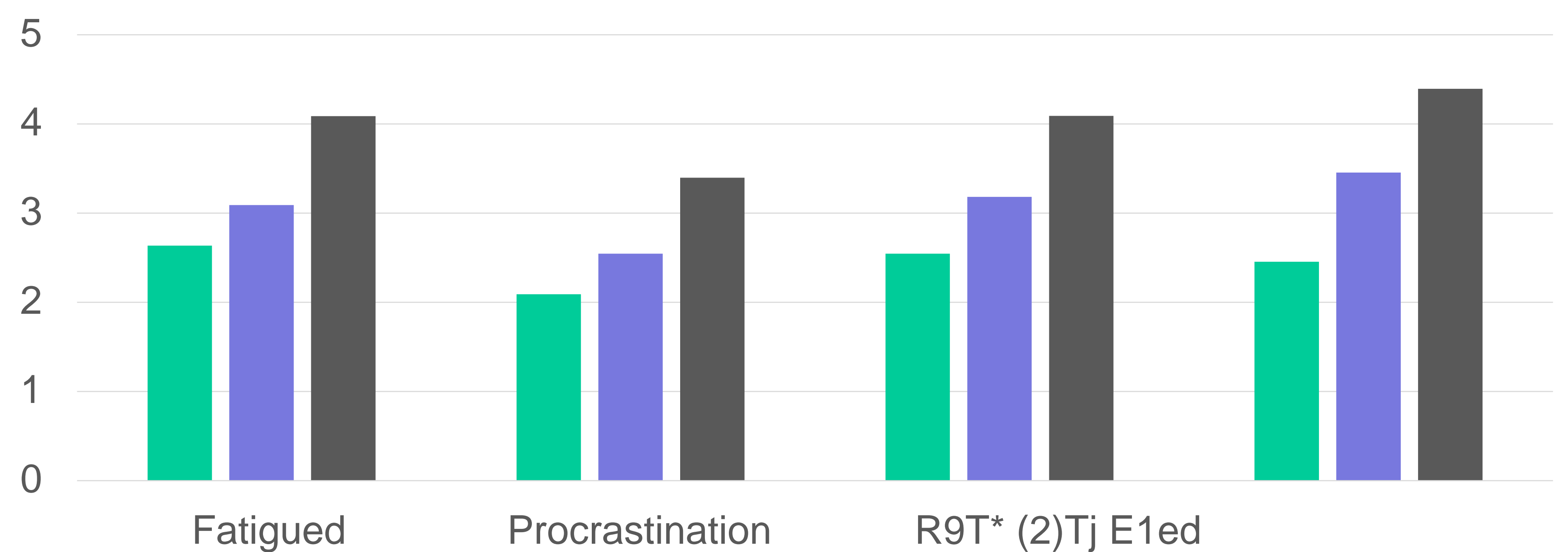


Figure 2: Average answer scores (1 being not at all, 5 being very much) on how often patients felt fatigued, lack of starting something, run down, and overall fatigue at pre, during, and post HSCT process.

Methods

- Patients completed surveys (3 timepoints: pre/during/post HSCT)
- Providers completed semi-structured interviews (1 timepoint)

Patient-important, but they don't bring it up in that setting.	

"I think the mindfulness will also help with the anxiety component and the lack of socialization and the stress that goes with it, so that's why I think it's good."

"So, I think that that's actually a really good idea that they'll have another avenue to have some mental support that they need through this because I think sometimes when you're an AYA, you don't realize how much actual mental support you need through all of this."

