

Comprehensive Symptom Assessment: Is It Realistic? “Orphans” and “Champions”

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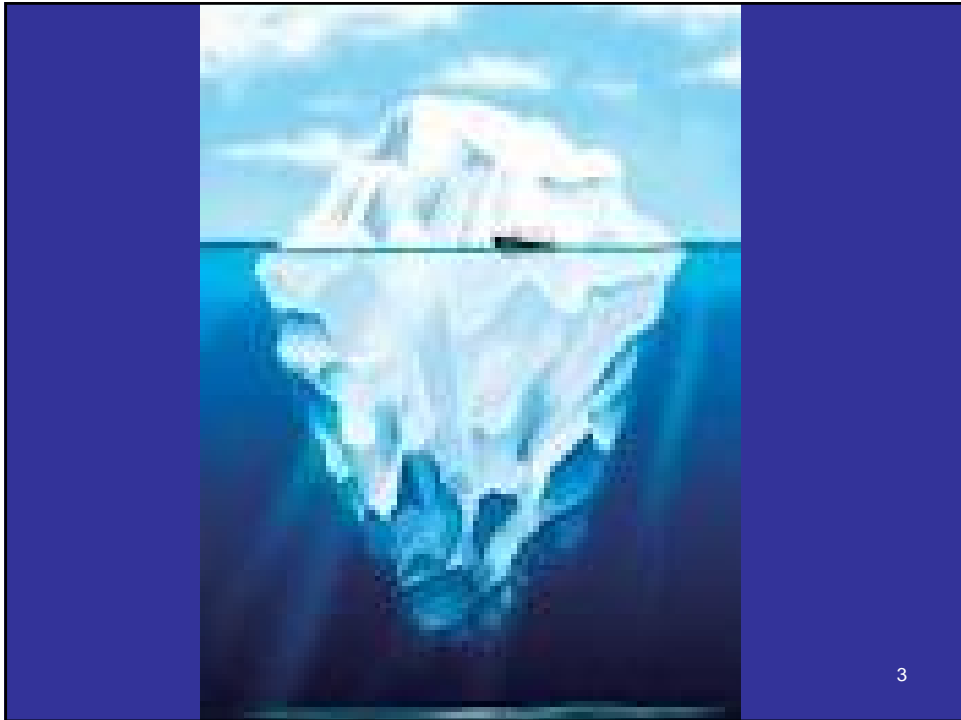
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Introduction

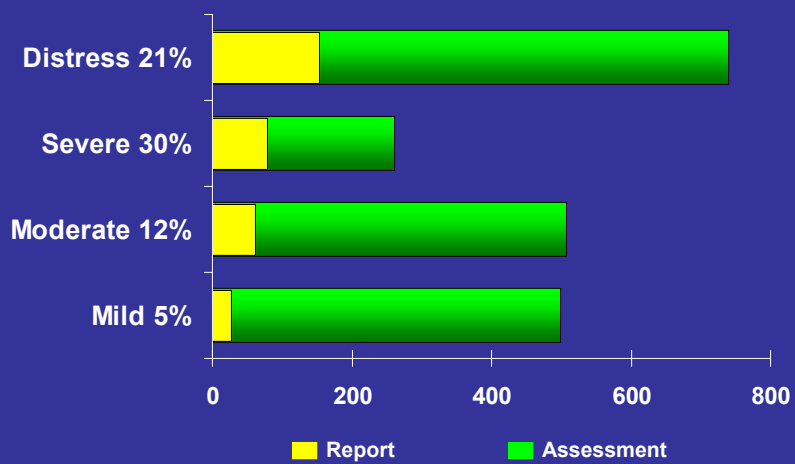
- **Cancer Symptoms:**
 - Prevalent, Severe, Distressing
- **Assessment Issues**
 - Patient Report v Systematic Assessment
 - Instruments Uncommon in Clinical Practice
 - Variation
 - Symptom Definitions, Numbers, Domains

Donnelly, Pall Care, 1995
Homsy, SCC, 2005
Kirkova, Pall Med, 2009

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Report v Assessment (N=2397)



Symptom Number

Homs, 2006, SCC 4

Objectives

1. Compare & Contrast Checklist v Validated Instruments
2. Identify “Orphan” Symptoms
3. Identify “Champion” Symptoms

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Methods

- 48-Item Empirical Checklist Compared & Contrasted
- 6 Multisymptom Assessment Instruments:
 - ESAS (9)
 - SDS (13)
 - MDASI (19)
 - EORTC-QLQ C30 (30)
 - RSCL (30)
 - MSAS (32)

Homsí, SCC, 2006
Kirkova, SCC, 2009 6

48-Symptom Checklist

Respiratory Symptoms

19. Shortness of Breath (dyspnea)				
	Mi	Mo	S	B
20. Whistling sound while breathing (wheezing)	Mi	Mo	S	B
21. Hoarsness	Mi	Mo	S	B
22. Cough	Mi	Mo	S	B

Homsí, 2006, SCC 7

Results

- Varied Symptom Number: Median 19 (3-32)
- 27 Checklist Symptoms Present: \geq Once
- 21 Checklist Symptoms Absent = “Orphans”
- 4 Universal Symptoms = “Champions”
 - Anorexia, Dyspnea, Fatigue, Pain

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Orphan & Champion Symptoms

Examples

	ESAS	SDS	MDASI	EORTC	RSCL	MSAS	Present
Dyspnea	+	+	+	+	+	+	6
Nausea	-	+	+	+	+	+	5
Vomiting	-	-	+	+	-	+	3
Mem. Loss	-	-	+	+	-	-	2
Sore Mouth	-	-	-	-	+	+	2
Wt. Loss*	-	-	-	-	+	+	2
Itch	-	-	-	-	-	+	1
Taste Ch.	-	-	-	-	-	+	1
Indigestion	-	-	-	-	-	-	0
Wheeze	-	-	-	-	-	-	0

* ≥10% pre-illness

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21 Orphan Symptoms

- Agitation
- Bad Dreams
- Belching
- Blackout
- Bloating
- Confusion
- Chills
- Early Satiety
- Fever
- Hallucinations (V+A)
- Hearing Problems
- Hiccup
- Hoarseness
- Incontinence (U+S)
- Indigestion
- Myoclonus
- Tremors
- Vision Problems
- Wheezing

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21 Orphan Symptoms

	Median (Range) %
Distress	47 (30-68)
Prevalence	17 (2-50)
Mod/Severe	48 (30-100)

Kirkova, Pall Med, 2009

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Orphan Symptom Example

Early Satiety

	%
Distress	67
Prevalence	50
Mod/Severe	63

Kirkova, Pall Med, 2009

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4 Champion Symptoms

Symptom	Cluster
Anorexia Fatigue	Fatigue, Weakness, Lack of Energy, Dry Mouth, W. Loss, Taste Change
Dyspnea	Cough, Dysphagia, Hoarseness
Pain	Constipation

Walsh, 2006, SCC

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Conclusions

1. 21 Orphan Symptoms
 - Prevalence, Severity, Distress
2. 4 Champion Symptoms:
 - Anorexia, Fatigue, Dyspnea, Pain
3. Data Collection Bias
4. Comprehensive Assessment + Clinical Utility

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