

SURVEILLANCE OF CANCER-RELATED FATIGUE IN SURVIVORS OF CHILDHOOD, ADOLESCENT AND YOUNG ADULT CANCERS

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BACKGROUND

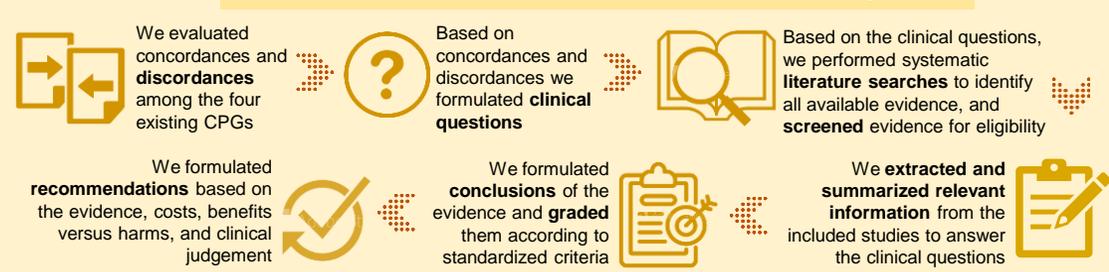
Childhood, adolescent and young adult cancer survivors (CAYACS) are at risk for late effects, such as cancer-related fatigue (CRF), from the cancer and its treatment.²
CRF has a negative impact on many aspects of CAYACS' lives, such as personal relationships and school or work, and is associated with lower self-reported quality of life.³
Current clinical practice guidelines (CPG) differ regarding their recommendations for surveillance of CRF, which can cause uncertainty about which CPG to use.

CANCER-RELATED FATIGUE is a «distressing, persistent, subjective sense of physical, emotional and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning»¹

OBJECTIVE

To harmonize the recommendations for surveillance of CRF in CAYACS diagnosed before the age of 30.

METHODS



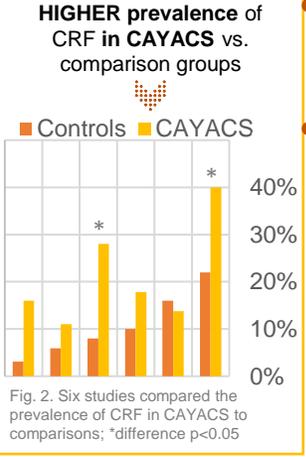
RESULTS

We identified 3647 studies, of which **70 studies** were eligible for this CPG.

- RISK FACTORS** for CRF in CAYACS:
- Psychological distress
 - Radiotherapy
 - Pain
 - Older age
 - Late effects or health problems



EVIDENCE



Different validated **MEASURES** to assess CRF in CAYACS exist

TRANSLATING EVIDENCE

SURVEILLANCE RECOMMENDATIONS

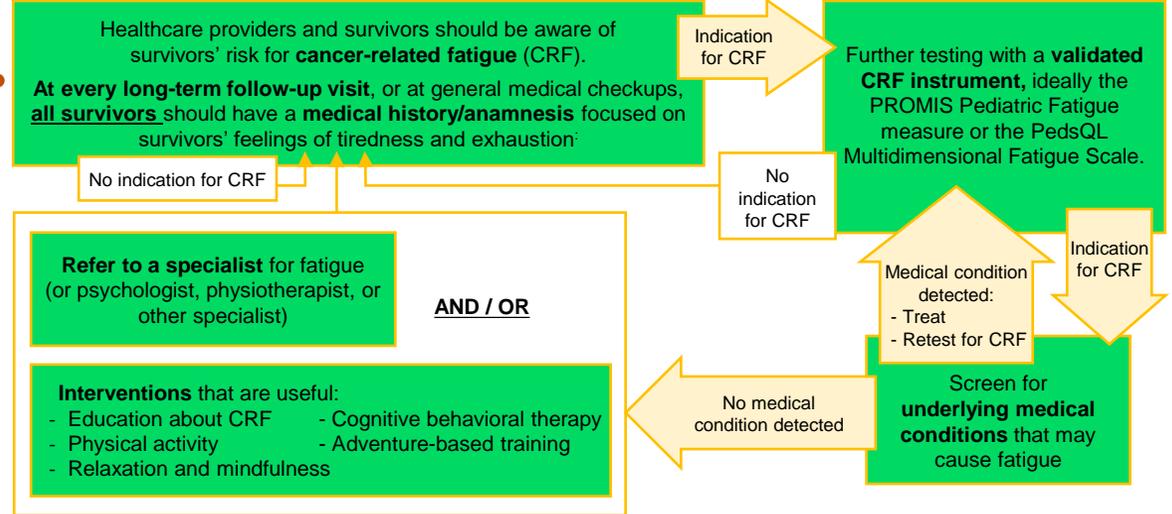


Fig. 3. Process of CRF surveillance, and recommendations for surveillance of CRF in CAYACS. Green color indicates a strong recommendation to do.

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1 Mock et al. 2000. NCCN Practice Guidelines for Cancer-Related Fatigue. *Oncology (Williston Park)*. 2000;14(11A):151-61.
2 Robison et al. 2014. Survivors of Childhood/Adolescent Cancer: Life-long Risks and Responsibilities. Doi: 10.1038/nrc3634
3 Langeveld et al. 2000. 'I don't have any energy': The experience of fatigue in young adult survivors of childhood cancer. Doi: 10.1054/ejon.1999.0063
4 Kremer et al. 2013. A worldwide collaboration to harmonize guidelines for the long-term follow-up of childhood and young adult cancer survivors. Doi:10.1002/psc.24445.

DISCUSSION

Prevalence of CRF is considerable, burden of screening is low → **all survivors should be screened**

Various measures for CRF are available. To increase comparability across studies, and to measure quality of care across countries, we suggest **use of recommended measures**.

Regular surveillance, education of survivors about CRF, and initiation of **appropriate interventions or referral of fatigued survivors** is important.

CONCLUSION

This internationally harmonized, evidence-based CPG is intended to **improve follow-up care** for CAYACS and, ultimately, **reduce the burden of cancer-related morbidity**.

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