

**Title:**

Side Effects and Dysfunction in Patients With Gastrointestinal Stromal Tumor (GIST) Receiving Targeted Therapy

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**Session Title:**

Rising Stars of Research and Scholarship Invited Student Poster Session 1

**Slot (superslotted):**

RSG STR 1: Friday, 28 July 2017: 10:00 AM-10:45 AM

**Slot (superslotted):**

RSG STR 1: Friday, 28 July 2017: 12:00 PM-1:30 PM

**Keywords:**

Gastrointestinal Stromal Tumor (GIST), dysfunction and targeted therapy

**References:**

Chiu TY, Yen CF, Chou CH, Lin JD, Hwang AW, Liao HF, & Chi WC. (2014). Development of traditional Chinese version of World Health Organization Disability Assessment Schedule 2.0 36--item (WHODAS 2.0) in Taiwan: Validity and reliability analyses. *Research in Developmental Disabilities, 35*(11), 2812-2820. doi: 10.1016/j.ridd.2014.07.009

Duijts SF, van Egmond MP, Spelten E, van Muijen P, Anema JR, & van der Beek AJ. (2014). Physical and psychosocial problems in cancer survivors beyond return to work: a systematic review. *Psychooncology, 23*(5), 481-92. doi: 10.1002/pon.3467.

Given BA, Spoelstra SL, & Grant M. (2011). The challenges of oral agents as antineoplastic treatments. *Seminars in Oncology Nursing, 27*(2), 99-103.

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**Abstract Summary:**

This study aims to examine the perceive side effects and dysfunction for patients with Gastrointestinal Stromal Tumor receiving oral targeted therapy in order to increase their quality of life. As a result, individualized patients' education and care with different side effects are strongly recommended.

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to learn the GIST patients' care needs.	It consists of the measurement including SSS, KPS and WHODAS and narrative data.

The learner will be able to better understand the distress which is caused by the long-term oral targeted therapy.	Better understanding of GIST patients' distress, better care plan can be develop.
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### **Abstract Text:**

### **Background**

The five year survival time of Gastrointestinal Stromal Tumor (GIST) has dramatically improved with effective target therapy. Patients with high risk or metastatic GIST are suggested to receive oral targeted therapy for at least three years or even a lifespan after their surgery. However, long-term oral targeted therapy might also increase patients' distress from side effects and affect their daily function.

### **Specific Aims:**

This study aims to examine the perceive side effects and dysfunction for GIST patients receiving targeted therapy.

### **Methods**

This is a cross-sectional study to recruit GIST patients from a medical center in Taiwan. Eligible subjects are those who are (1) adult and diagnosed with GIST, (2) receiving oral targeted therapy, and (3) no communication barriers. Patients with GIST are assessed of their symptom severity related to the disease or oral targeted therapy and dysfunction of cognitive, physical, and psychosocial status. The above variables are measured by Symptom Severity Scale (SSS), Karnofsky Performance Status Index (KPS) and World Health Organization Disability Assessment Scale (WHODAS). Patients were recruited in a gastrointestinal surgical outpatient clinic by a trained master research nurse.

### **Results**

There were 70 subjects were recruited. The overall KPS is 89.3 (SD=6.29). In general, patients reported to have mild to moderate side effects. The most distressful side effects as their descending order of mean are: Pale skin, muscle cramps, fatigue, periorbital edema, sleep problems, absent minded, facial edema, lack of concentration, muscle soreness, and diarrhea. Patients reported to have mild dysfunction in their life. The top five dysfunction as the descending order of the mean scores are: (1) Emotionally affected by health condition, (2) Time spend on health condition or its consequences, (3) Levels of health been a drain on the financial resources, (4) Problem cause on family because of (your) health problems, and (5) decreasing sexual activities.

### **Conclusion & Discussion**

Assessment and care for GIST patients' side effects from targeted therapy is important for increasing their life quality. Individualized patients' education and care with different side effects are strongly recommended.