

Protocol for geriatric-assessment-guided interventions to address functional deficits in older adults undergoing treatment for myeloma: Feasibility and preliminary efficacy

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BACKGROUND

- Multiple myeloma (MM) is the second most common hematologic malignancy in the US.¹
- Median age at diagnosis of 70.¹
- There is substantial heterogeneity in aging -- not be captured by chronologic age alone.
- Geriatric assessment (GA)- multidimensional and multidisciplinary tool to provide a comprehensive overview of an older person's functional abilities, physical performance, nutritional status, comorbidities, cognition, psychological state, and social support.²
- Preliminary data from our clinic demonstrates significant rates of baseline impairment among adults treated for MM and other plasma cell diseases (PCD) (Figure 1).
- Among patients with MM, deficits identified via GA predict treatment tolerance and survival.³
- Clinic-based interventions targeting these deficits have not been thoroughly evaluated.

METHODS

- We plan to test a clinic-based program to address GA-identified deficits in adults 65 and older treated for MM via a single-arm prospective trial.
 - Patients will complete a baseline GA
 - Patients with deficits will be referred to evidence-based interventions (Figure 2).
 - Patients will complete a follow-up GA 3 months from baseline.
- Patient satisfaction with the intervention(s) will be assessed via questionnaire.

AIMS

- 1) Assess the feasibility of the clinic-based intervention program by measuring adherence to, and satisfaction with, recommended interventions.
- 2) Assess preliminary efficacy of interventions by exploring changes in GA domains and symptom measures before and 3 months after intervention

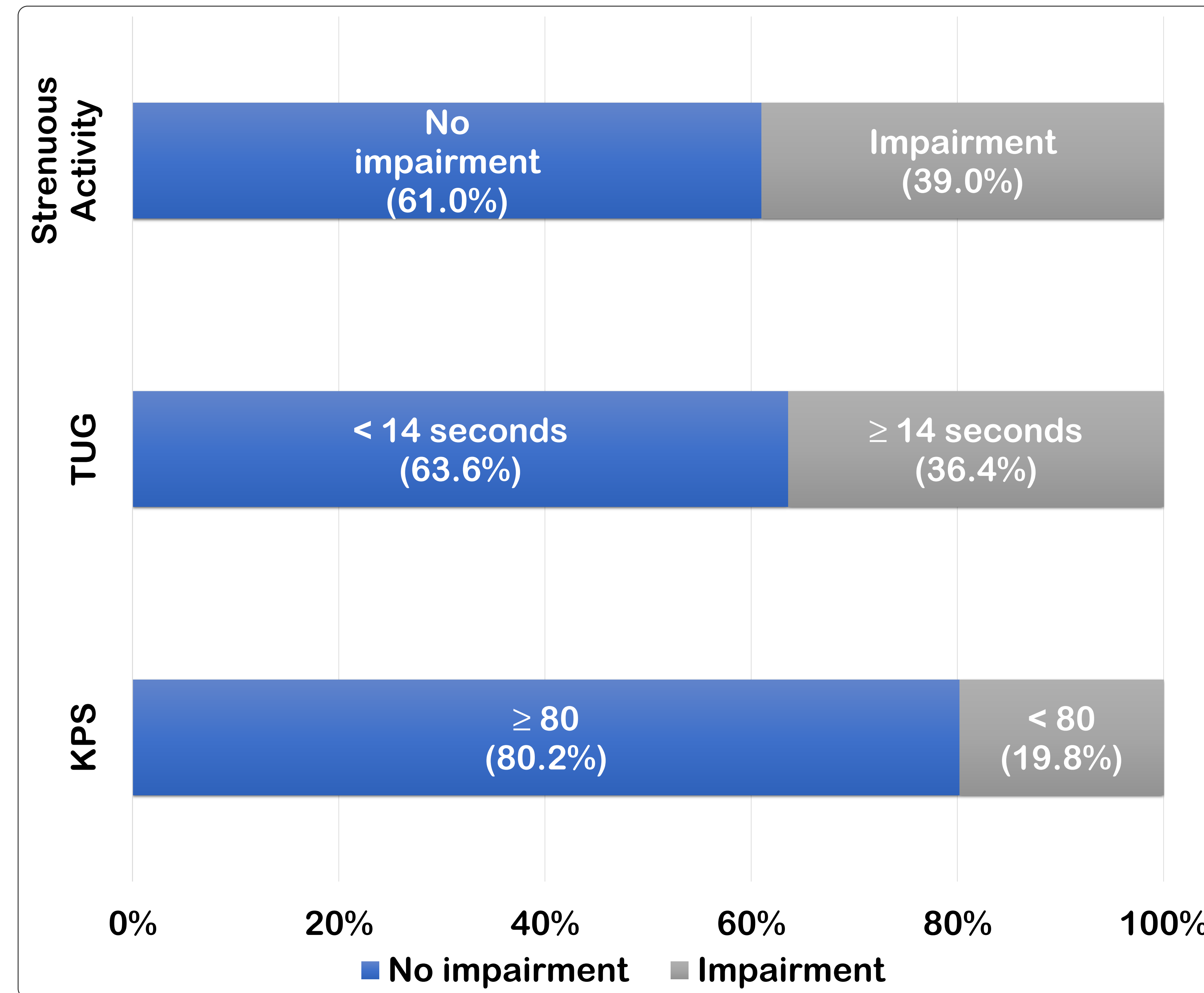


Figure 1: Percentage of subjects in UNC PCD registry with functional deficits using TUG - Timed Up and Go test; KPS - Karnofsky Performance Status; Strenuous activity impairment defined as response of "quite a bit" or "very much" to EORTC QLQ C30 questionnaire, item #1 ("Do you have any trouble doing strenuous activities, like carrying a heavy shopping bag or a suitcase?")

GA Domain	Measures	Interventions
Function	KPS & Patient-rated KPS ADLs / IADLs Timed Up and Go Falls in past 6 months	Physical and/or occupational therapy Check vitamin D and replete
Cognition	MOCA BOMC	Memory disorders clinic
Comorbidities	Eyesight Hearing Medical comorbidity assessment	Optometry Audiology Formal geriatric consultation
Polypharmacy	Number of daily medications	Clinical pharmacist
Psychological	PROMIS depression PROMIS anxiety	Cancer center support program
Nutrition	Body Mass Index Unintentional weight loss	Nutritionist
Social	PROMIS Emotional support PROMIS Social isolation	Social work, Cancer Center Support Program, or Patient & Family Resource Center

Figure 2: Functional-impairment guided interventions.

Hypotheses

- Our hypothesis is that brief assessments of deficits and timely referral can be completed during a clinic visit, and that older patients with MM will engage in recommended interventions.
- We further hypothesize that these interventions will result in significant improvement in relevant functional domains among patients referred for interventions.

REFERENCES

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