

症状を自己報告するウェブベースのシステムは患者の生存期間延長に役立つ(Abstract LBA2)

ウェブベースの症状報告システムは苦痛を軽減する行動につながり、予後を改善する

Web-based symptom reporting system leads to actions that alleviate suffering and improve outcomes

766人の患者を対象としたランダム化臨床試験の結果、簡便な介入—患者がリアルタイムで症状を報告することができ、医師への警告のきっかけとなるウェブベースのツール—は、生存期間延長などの大きな恩恵をもたらすことが示された。この試験では、外来化学療法を施行されている進行固形がん（泌尿生殖器、婦人科、乳腺及び肺）の患者766人を組み入れた。化学療法中の症状をこのツールを使用して定期的に報告した患者は、この方法を使用しなかった患者に比べ、生存期間中央値が5か月長かった。彼らはまた、より長期の化学療法に耐えることができた。この結果は、2017年American Society of Clinical Oncology年次集会Plenary Sessionで発表された。

Full Text

A randomized clinical trial of 766 patients shows that a simple intervention - a web-based tool that enables patients to report their symptoms in real time, triggering alerts to clinicians - can have major benefits, including longer survival. Patients with metastatic cancer who used the tool to regularly report symptoms while receiving chemotherapy lived a median of 5 months longer than those who did not use the tool.

These findings were presented in ASCO's Plenary Session, which features four abstracts deemed to have the greatest potential to impact patient care, out of the more than 5,000 abstracts featured as part of the 2017 American Society of Clinical Oncology (ASCO) Annual Meeting.

"Patients receiving chemotherapy often have severe symptoms, but doctors and nurses are unaware of these symptoms up to half of the time," said lead study author Ethan M. Basch, MD, MSc, FASCO, Professor of Medicine at the Lineberger Comprehensive Cancer Center of the University of North Carolina, who was practicing at Memorial Sloan Kettering Cancer Center in New York when the study was conducted. "We show that using a web-based symptom reporting system that alerts the care team about problems leads to actions that alleviate suffering and improve patient outcomes."

An earlier report from the same study showed that use of the tool was associated with better quality of life, and fewer visits to the emergency room and hospitalizations. Compared to patients who received usual care, patients who used web-based symptom monitoring were also able to tolerate chemotherapy longer.

"The improvement in survival we saw may seem modest, but it is greater than the effect of many targeted cancer drugs for metastatic cancer," said Dr. Basch.

The study enrolled 766 patients with advanced solid tumors (genitourinary, gynecologic, breast, and lung) who were receiving outpatient chemotherapy. The patients were randomly assigned to report their symptoms via tablet computers (intervention group) or to a group whose symptoms were monitored and documented by clinicians, as is usual care in clinical practice. In the usual care group, patients discussed symptoms during visits with oncologists. They were also encouraged to telephone the office between visits if any concerning symptoms arose.

On a weekly basis, patients in the intervention group reported on 12 common symptoms experienced during chemotherapy, including appetite loss, difficulty breathing, fatigue, hot flashes, nausea, and pain, and graded them on a 5-point scale. The web-based tool, Symptom Tracking and Reporting or STAR, was developed for research purposes and is not commercially available. Patients could report the symptoms remotely from home or at the doctor's office during oncology or chemotherapy visits, using tablet computers or computer kiosks. Doctors received symptom reports during visits, and nurses received email alerts when patients reported severe or worsening symptoms.

All patients in the intervention group, including those with little prior experience using the Internet, were willing and able to regularly report their symptoms via the web throughout chemotherapy. Nurses took immediate clinical actions more than three-quarters of the time when patients reported severe or worsening symptoms. Compared to patients who received usual care, patients who used the web tool to self-report symptoms had a longer median overall survival (31.2 months vs. 26 months).

"Online technologies have transformed communications in practically every aspect of our lives, and now we're seeing they're also allowing patients to take an active role in their care and get immediate access to their care provider," said ASCO Expert Harold J. Burstein, MD, PhD, FASCO. "It's impressive that something as simple as this not only improves quality of life, but in this case, helps patients live longer. I think we'll soon see more cancer centers and practices adopting this model."

These findings are being confirmed in a larger clinical trial, which uses an updated, more user-friendly online tool that works on both personal computers and mobile devices. The study is being conducted in community practices across the United States.

"Symptom management is a central part of what oncology care teams do," said Dr. Basch. He noted that this study supports broader use of online tools in routine practice to enable patients to communicate symptoms to the care team in real time.

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ASCO2017特集

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