Supportive Care During Treatment

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3 resource-stratified guidelines:
– Long-term Follow-up Care and Survivorship
– Treatment-related Supportive Care
– Pain and Palliative Care
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• Providing supportive care during treatment can help:
  – Address psychological and spiritual needs of patients
  – Manage treatment-related toxicities and symptoms
  – Improve adherence to treatment recommendations
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Organ-based Toxicity Management During Treatment
Musculoskeletal Toxicities
Gastrointestinal Toxicities
Skin Toxicities, Chemotherapy Extravasation
Nervous System Toxicities
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Example: Gastrointestinal Toxicities

- **Basic:**
  - Oral/IV hydration
  - Anti-emetics
  - Anti-diarrheals, stool softeners, laxatives
  - Mucositis support: ice chips

- **Limited:**
  - 5HT3 blockers, H2 antagonists, antacids
  - Stimulant laxatives
  - Topical agents for mucositis

- **Enhanced:**
  - NK-1 antagonists, PPIs
  - Opioid analgesics for severe mucositis
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Hematologic Complications, Symptom Management and Monitoring

Hematologic toxicity and infection
Fatigue, insomnia and non-specific pain
Women’s health issues
Monitoring
Example: Hematologic toxicity and infection

- **Basic:**
  - Broad spectrum antibiotics

- **Limited:**
  - Antifungals
  - Red blood cell transfusion

- **Enhanced:**
  - Granulocyte growth factors
  - Platelet transfusion
  - Iron therapy
Supportive Care During Treatment for Breast Cancer: Psychosocial Support

- Psychosocial supportive care should be available soon after diagnosis and during treatment
  - Majority of disease and treatment-related psychosocial issues occur at this time
  - Major impact on roles at home, work and in community
Advantages of Providing Patient and Family Education and Support During Breast Cancer Treatment

- Less fear, stress and anxiety
- Decreased side effects
- Decreased depression and pain
- Improved physical and emotional quality of life
- Better drug compliance and adherence

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Summary:

• Treatment-related toxicities may be overlooked in LMICs

• Health systems implementing supportive care programs should devote resources to:
  – Educating professionals, patients and communities about supportive care services
  – Provide resources to support monitoring of treatment-related toxicities
  – Provide psychosocial support