

Elevating the Patient Voice: Understanding Treatment Preferences in Patients with Advanced Prostate Cancer

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Key Takeaway

When discussing treatment options with patients, providers should consider patient preferences regarding pill burden, treatment frequency, ability to swallow pills, and their desire to avoid intravenous chemotherapy

Conclusions

- Almost all patients preferred a one-pill-once-daily regimen.
- Almost all preferred the option of an oral treatment regimen compared with intravenous chemotherapy.
- One in five patients reported difficulty with swallowing pills, and almost all these patients preferred an oral medication that can be given via an alternate method of administration.



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Poster

Narrated poster video

Supplementary material

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Introduction

- Treatment non-adherence has been linked to negative outcomes in prostate cancer patients taking advanced oral therapies.¹
- The multiple dosing episodes a day for some oral cancer therapies are associated with confusion and may contribute to treatment non-adherence.^{2,3}

Results

- The survey request was distributed to 200 men, and 103 responded. 100 provided complete responses and their data were analyzed. Patient demographics, age, race/ethnicity, and education level are included in **Table 1**.

Table 1: Demographics

Parameter	Patients N=100 (%)
Age, years, median (range)	65 (35–79)
Age category, years, n (%)	
18–39	2 (2)
40–59	24 (24)
60–79	74 (74)
Gender, n (%)	
Male	100 (100)
Race/Ethnicity,* n (%)	
White	53 (53)
Black/African American	31 (31)
Hispanic/Latino	15 (15)
Asian American/Pacific Islander	1 (1)
Prefer not to answer	1 (1)
Education, n (%)	
Post-graduate	4 (4)
Bachelor's degree	27 (27)
Associate's degree	19 (19)
Trade school	17 (17)
Some college	10 (10)
High school	19 (19)
Other	4 (4)

*Patients were able to identify as more than one race/ethnicity.

- 80 (80%) patients reported taking an oral treatment for prostate cancer. Among those 80 patients
 - 38 (47.5%) took >5 pills/day
 - 78 (98.0%) took >3 medications/day
 - 51 (63.5%) reported taking pills multiple times per day
- 91 (91%) patients reported that they preferred a one-pill-once-daily treatment over a multi-pill regimen. 59 (59%) reported they do not prefer regimens that require multiple pills per day (**Figure 1**).
- 77 (77%) indicated that taking an oral treatment multiple times each day is either “somewhat difficult” (68, 68%) or “very difficult” (9, 9%).
- Barriers to taking oral treatment multiple times each day include:
 - Remembering to take pill(s) multiple times daily (63% agree)
 - Carrying multiple pills with me when I leave home (52% agree)
 - Having to eat food before taking the pill(s) multiple times each day (43% agree) (**Figure 2**).

References

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- Burden of medication management may contribute to higher stress, which is associated with lower treatment adherence.⁴
- With multiple oral medications for patients with prostate cancer, there is a need to understand the impact of pill burden on adherence and overall patient experience.
- This survey asked about medication preferences of patients with advanced prostate cancer.

Figure 1: Agreement regarding pill burden and impact

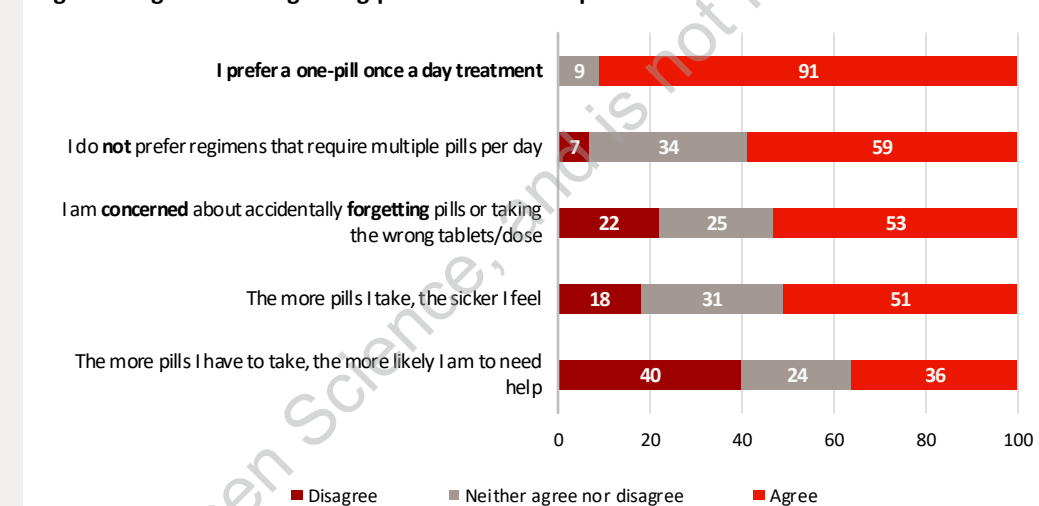
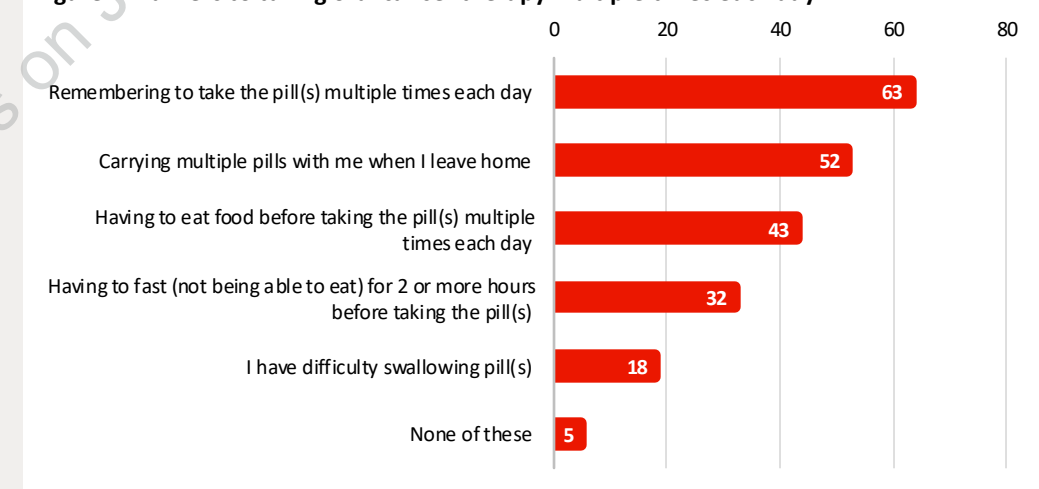


Figure 2: Barriers to taking oral cancer therapy multiple times each day



- When asked about challenges of taking pills multiple times/day for prostate cancer, 74 (74%) patients preferred not to take pills with them when leaving home, 68 (68%) may forget to take an oral treatment multiple times/day, and 61 (61%) may feel nauseated after taking a pill and prefer not to feel nauseous multiple times/day (**Figure 3**).
- 20 (20%) patients reported having difficulty swallowing pills, and 2 (2%) reported being unsure whether they have difficulty swallowing pills. Among these 22 patients, 21 (95%) considered it important that a pill could be dispersed in water or applesauce, and 7 (31.8%) considered it important that a pill can be dissolved and given directly through a feeding tube (**Figure 4**).
- 81 (81%) patients reported having received intravenous chemotherapy.
- When asked to select between intravenous chemotherapy and an oral treatment, 89 (89%) preferred an oral treatment option (**Figure 5**).

Methods

- We conducted a cross-sectional, online survey of adult patients with advanced prostate cancer (APC) living in the United States. Patients were recruited via physician referral and contacted via email.
- Inclusion criteria included adult men who were receiving treatment for prostate cancer that had spread beyond the prostate and were willing to sign an informed consent form.
- This study was approved by an institutional review board (IRB #11576).

Figure 3: Challenges related to taking an oral treatment for prostate cancer multiple times per day

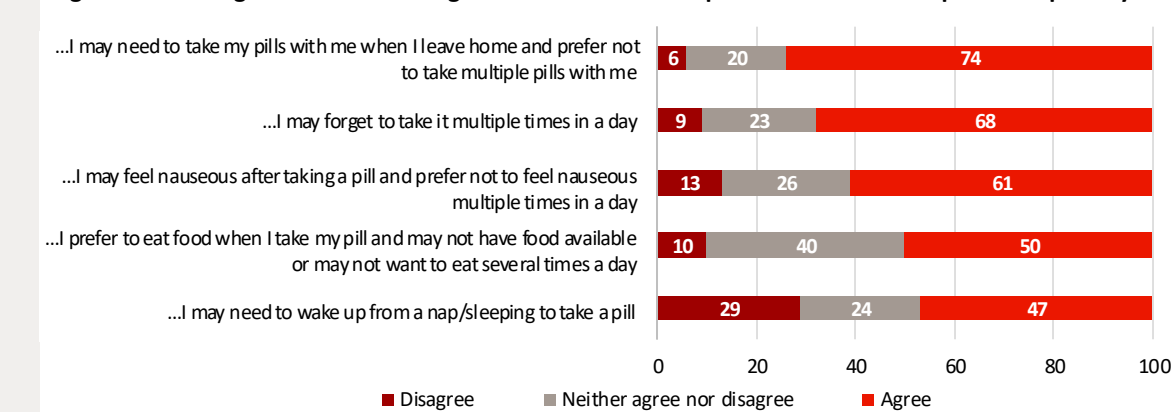


Figure 4: Preferences for Patients Who Have Difficulty Swallowing

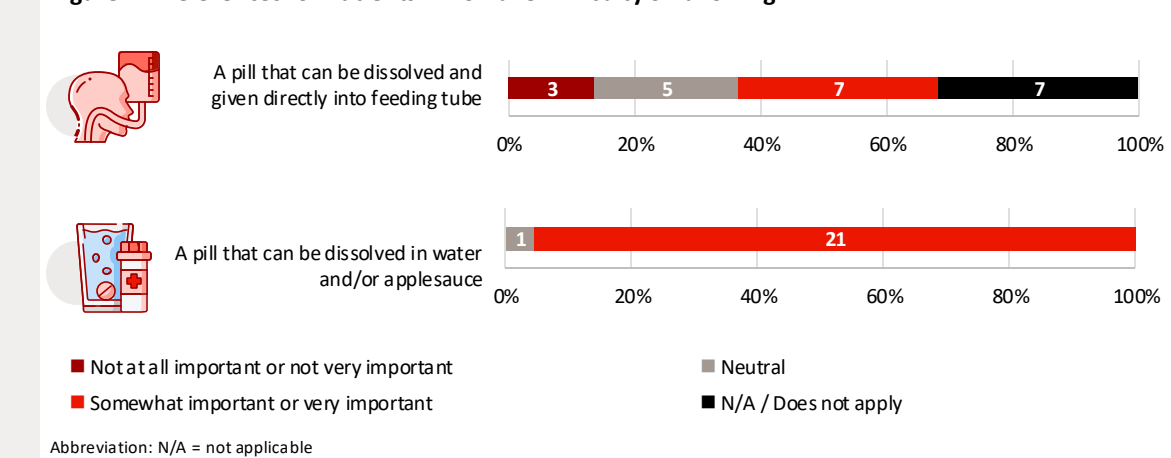


Figure 5: Preferences for oral treatment vs intravenous chemotherapy

