

The FITNESS Study: An Innovative Approach to Assessing Disability in Older Adults with Lung Cancer

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Disclosures

I do not have any relevant financial relationships to disclose.

Background

- Disability: Impairment in functional status (ADLs, IADLs, mobility)
- Associated with worse symptoms, lower quality of life, more hospital expenses
- Most older adults with cancer: preventing disability > prolonged survival
- 32% of patients with cancer: functional disability at baseline¹
- Lack of research
- Present study – examines feasibility of new approach to assess disability in older adults with lung cancer

¹Hoppe S, Rainfray M, Fonck M, *et al.* Functional decline in older patients with cancer receiving first-line chemotherapy. *J Clin Oncol.* 2013;**31**: 3877-3882.

Methods

- $N=50$ adults age ≥ 60 years receiving treatment for NSCLC
- Demographic and disease-related variables
- Multifactorial assessment
 - Cancer & Aging Research Group Comp. Geriatric Assessment
 - Short Physical Performance Battery
 - Timed Up and Go test
 - Functional assessment measure: patient-reported ADLs, IADLs
 - PROMIS 10-item scale (QoL)

Key Results: Feasibility, Descriptives

- 75 approached, 15 declined, 60 (80%) consented
- After consent: 10 dropped out
- $N=50$, Age $M=71.7$ years ($SD=6.5$, range=60-88 years)

Variable	<i>N</i>	%
Sex (Male)	28	56
Race (Caucasian)	46	92
Adenocarcinoma	34	68
Squamous cell carcinoma	12	24
Stage III/IV disease	44	88

First-Line Treatment	<i>N</i>	%
Chemotherapy	22	44
Immunotherapy	13	26
Combination	11	22
Oral targeted agent	3	6

Key Results: Multifactorial Assessment

- Average CARG-CGA score 7.54
(SD=2.62, range=2-12)
Moderate risk of chemo toxicity
- Average SPPB score 8.67
(SD=3.20, range=0-12)
One or more mobility limitations
- Timed Up and Go test
24 (48%) no fall risk (<10 sec)
18 (38%) mild fall risk (10-20 sec)
- 82% independence with ADLs
(dress, toilet, walk, eat)
- *M* baseline disability score 2.67
(SD=2.88, range=1-13)
Mild disability in usual activities, self-care, and/or mobility
- Average PROMIS-10 score 34.6
(SD=7.02, range=19-49)
1.5 standard deviations below quality of life of general population

Take-Home Messages

- FITNESS study: feasible, multifactorial approach
 - To measure baseline disability in older adults with advanced lung cancer
- Could transform SOC for controlling disability, promoting resilience
- Allows providers to identify patients who are:
 - Presently more disabled
 - At risk for future disability, falls, chemotherapy toxicity

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