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 baseline\(^1\)

• Lack of research
• Present study – examines feasibility of new approach to assess disability in older adults with lung cancer

Methods

• $N=50$ adults age $\geq 60$ 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)

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>%</th>
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<tbody>
<tr>
<td>Sex (Male)</td>
<td>28</td>
<td>56</td>
</tr>
<tr>
<td>Race (Caucasian)</td>
<td>46</td>
<td>92</td>
</tr>
<tr>
<td>Adenocarcinoma</td>
<td>34</td>
<td>68</td>
</tr>
<tr>
<td>Squamous cell carcinoma</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Stage III/IV disease</td>
<td>44</td>
<td>88</td>
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<tr>
<th>First-Line Treatment</th>
<th>N</th>
<th>%</th>
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<tbody>
<tr>
<td>Chemotherapy</td>
<td>22</td>
<td>44</td>
</tr>
<tr>
<td>Immunotherapy</td>
<td>13</td>
<td>26</td>
</tr>
<tr>
<td>Combination</td>
<td>11</td>
<td>22</td>
</tr>
<tr>
<td>Oral targeted agent</td>
<td>3</td>
<td>6</td>
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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
Acknowledgments

I would like to acknowledge the patients who made this research possible, the Principal Investigator Dr. Carolyn J. Presley, and the thoracic oncology research team at The Ohio State University Comprehensive Cancer Center.

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